

Give Us This Day



Our Daily Bread

Bread, Biscuit, & Rolls

Cakes, Cookies & Frostings

Casseroles & Miscellaneous

Desserts & Candy

Meats, Poultry & Fish

Pastry & Pies

Salads, Dressings, & Relishes

Vegetables, Soups & Sauces

Favorite Sauvies Island Recipes



*In
Appreciation*

*We wish to express our appreciation
to all who have so willingly given favorite
recipes from their files to help make
this book.*

*Faith Circle of
Sauvies Island Community
Church*

All in One Casserole	66	Batter, Deep Fry	120
Almond Roca	104	Beans	
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Bread

Biscuits Rolls



A man does
not live by
bread alone;
- he needs
buttering up
once in a while.

A Soda Bread

- 1 Home Made Bread
- 2 Fried Bread
- 3 Beer Bread
- 4 Sour Dough Pot - Bread
- 5 Sour Dough Bread
- 6 Brown Bread
- 7 Hearth Bread
- 8 Pumpkin Bread
- 9 Buttermilk Biscuit
- 10 Cloverleaf Rolls
- 11 Classic Sweet Rolls
- 12 Dutch Pancakes
- 13 Cinnamon Muffins
- 14 Bun Sticks
- 15 Bran Muffins
- 16 Sesame Seed Water

Cranberry Bread

- Maraschino Cherry Bread
French Toast
Pumpkin Bread
Buttermilk Rolls
Prune Bread
Wet Bran Muffin
Swedish - Rye Bread
Cranberry - Orange Bread
Cheese Crackers
Banana Bread
Oatmeal Muffins
Dill Rolls
Buttermilk Biscuit

Back sides

A Corn Bread

Irish Soda Bread
Betty Brown

2 cups all purpose flour
2 Tbs sugar
1 1/2 tsp baking powder
1/2 tsp baking soda
1/2 tsp salt
2 Tbs chilled butter
3/4 cup + 2 Tbs buttermilk
1/2 cup currants

In a bowl combine dry ingredients. Cut butter into flour mixture with pastry blender. Add buttermilk and mix thoroughly into soft dough. Add currants. Knead about 3 minutes. Form dough into a 7" flat round and place in oiled cake pan. Cut a cross about 1/2" deep into center. Bake at 375° for 40 min.

Cranberry Bread
Babs Hall

Sift together:

2 cups flour	1/2 tsp salt
1 1/2 tsp baking powder	1/2 tsp soda
1 cup sugar	

Add to dry ingredients:

1 1/2 cups whole cranberries
grated rind of 1 orange
1/2 cup plus nuts

Add all at once and gently mix just until moistened:

1 beaten egg	2 Tbs melted butter
1/2 cup orange juice	2 Tbs hot water

Pour into well greased and floured loaf pan

Bake: 2 small pans - 325° for 45 minutes

1 large pan - 350° for 65 minutes

Wrap in foil and store in refrigerator or freezer

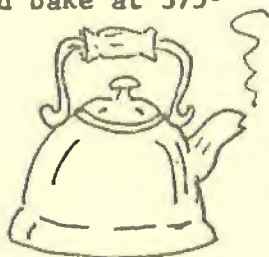
Home Made Bread
Betty Brown

Place in huge mixing bowl:

4 Tbs butter 4 tsp salt

4 Tbs sugar

Add 2 cups boiling water and stir; add 2 cups cold milk from refrig.; now add yeast and stir. Add 5 cups flour and beat with mixer. By hand, add 4 1/2 to 5 cups more unsifted flour and knead until smooth. Cover and let rest 45 min. and punch down. Cover and let rise 45 min more. Form into 4 loaves and place in greased pans. Let rise 45 min. and bake at 375° for 40 min.



Maraschino Cherry Bread
Esther Moss

1 egg

1 4 oz bottle mars. cherries,
drained and chopped.

1 cup sugar

2 Tbs melted butter

3/4 cup buttermilk or
skim milk

2 cups sifted flour

1/4 tsp soda

3 tsp baking powder

3/4 tsp salt

1 cup chopped pecans

Beat eggs, add cherries; stir in sugar, melted butter and milk. Sift flour, soda, baking powder and salt. Add nuts. Place in greased 9x5x3 in loaf pan and bake at 300° for 1 hour or until it tests done.

*Some rich people are poor, and
some poor people have great
wealth!*

Prov. 13:8

Fried Bread Teri Sprando

You may use any white bread recipe you may have around or use this one:

1 cup milk	1 cup warm water
3 Tbs sugar	1 pkg dry yeast
2 Tbs butter	5 1/2 cups flour
2 tsp salt	

In a pot, scald milk. Add sugar, salt and butter. Cool. In a large bowl, add yeast to warm water. Stir in milk mixture. Add flour and beat vigorously until well blended and dough is soft. Place on a well floured board. Knead until smooth. Shape into a ball and place in a bowl. Cover with cheesecloth. Let stand in a warm place until dough is twice it's size. Punch it down, cover and let stand 1 1/2 hours. Dough yields 2 loaves.

Heat a skillet with 1/4" oil, on high. Pinch off a piece of dough, (about the size of a biscuit) put it between your thumbs and fingers. Pull, stretch and flatten out. Place on absorbent paper towels. Keep warm in the oven until all bread is cooked. Serve warm, with butter or honey. Goes great with spaghetti, soups and stews.



Fresno French Toast Sue Parker

2 eggs	1/2 tsp salt
1 cups flour-unsifted	1 tsp cinnamon
1 cup milk	1 tsp vanilla
1 1/2 tsp baking powder	

8-10 slices white bread cut in half, 6 Tbs butter, 3 Tbs oil, powdered sugar and jam.

Whirl the eggs in a blender until combined; then add flour, milk and seasoning and whirl until smooth.

Beer Bread or Survival Bread

Fran Hugo

- 3 cups self-rising flour
- 2 Tbs sugar
- 1 bottle beer



Mix together. If necessary, knead a few times to incorporate all the flour. Put into greased bread pan, cover with cloth and set in a warm place for 1/2 hour. Bake in 350° oven for 1/2 hour. Put 4 pats of butter over top and bake an additional half hour. Makes 1 loaf of firm, crusty bread. Very Easy!

Pumpkin Bread

Mrs. Paul Peterson *Ruthy Anderson*



- | | |
|------------------------------|--------------|
| 4 cups sugar | 1/2 tsp salt |
| 4 cups pumpkin (1 large can) | 4 tsp soda |
| 1 cup oil | 1 tsp cloves |
| 5 cups flour | 2 cups nuts |
| 1 tsp cinnamon | |

Mix together, pour into greased loaf pans and bake 1 hour at 350°. ~~Note: Can use 4 small pans,~~
1 hour 45 min - 2 large pans. Let set for 2 days

Silent believers are like beautiful road signs with no words painted on them.

Sourdough Pot and Bread
Taylor Walsh

Pot: 2 cups flour

1/2 tsp dry yeast dissolved in

1 1/2 cups lukewarm water

3 Tbs sugar

Mix together in a crock or cookie jar. Let sit in the covered jar in a warm place for two or three days, stirring once or twice a day. Before you bake, usually the night before, add a cup of warm water and a cup of flour (depending on thickness desired) and leave in a warm place. After removing amount needed for baking, cover and refrigerate.

Bread: 1 Tbs yeast dissolved in

1/4 cup warm water

Combine: 6 cups unsifted flour

2 Tbs sugar

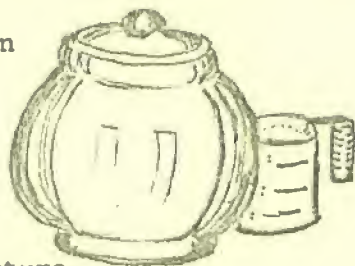
2 Tsp salt

1 cup warm water

2 Tbs vegetable oil

1 cup starter yeast mixture

1/2 cup milk



Mix together and knead lightly for ten minutes. Place in greased bowl to rise to double in bulk (1 1/2-2 hours). Divide dough into two equal parts. Place in greased bread pans. Let rise until double in size. (1 1/2-2 hours) Brush or spray top of loaves with water. Bake at 400° for 30 minutes.

*Hunger is good if it makes
you work to satisfy it.*

Prov. 16:26

Sour Dough Bread

Ursula Davis

1 Tbs yeast
1 1/2 cups warm water (pre-warm your bowl)
2 tsp salt
2 tsp sugar
4 cups flour - approx
1/2 tsp baking soda
1/2 cup sourdough starter*

Dissolve yeast in warm water; add sourdough starter; add enough flour to make dough "spongy". Cover and let sit at least 2 hours. (you can start it in the morning and complete it at night also. Will make a more sour bread.) To the "spongy" dough you add enough flour (which has been mixed with sugar, salt and soda) to be able to knead the dough. Knead hard for about 5 min. Form into 2 loaves and let rise in pan, 45 min. approx. (depends on temp of room). Bake in 400° oven for about 45 min. To improve the recipe, add 1/2 cup of wheat germ, 1/2 cup of whole wheat flour and 1/2 cup of bran. Add these ingredients when you get ready to knead the dough, using then less flour. I find that depending on the consistency of the sourdough starter, I use either less or more flour. I would advise to use a little flour at a time to achieve agood consistency for the dough.

* I would be happy to supply sourdough starter and also a demonstration on how I do it.



Boston Brown Bread
Esther Moss

1 cup corn meal	1 tsp salt
1 cup graham flour	3/4 cup molasses
1 cup rye flour	2 cups sour milk or
3/4 tsp soda	buttermilk

Sift corn meal, rye flour, soda and salt together. Mix well with graham flour. Add combined molasses and sour milk, and mix well. Fill greased molds 2/3 full. Cover, Closely and steam 3 hours. Remove covers and dry tops in moderate oven 375° Makes 3 loaves. 1 cup raisins can be added if desired.



Buttermilk Rolls
Maria Lerch

2 pkg yeast
1/4 cup warm water
Mix the above and heat 2 cups buttermilk.
Add:

1/2 tsp soda
1 tsp salt, rounded
1/2 cup sugar

Add yeast when milk mixture has cooled down.

Note: All of this is made in a mixer and mixed until the dough starts to go up into the top of the beaters, then you must knead on a floured pastry cloth or board for about 10 min.

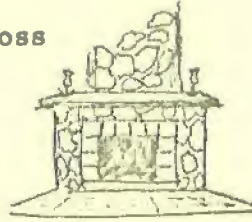
Add: 6-7 cups of flour (reserve 1 1/2 cups to work with on floured board, you might not need all of the flour, you want a soft dough

Add: 2 beaten eggs with the rest of the flour.

After kneading, put in a greased bowl and let rise in a warm place until double in bulk, then punch down and shape into rolls. When raised, bake at 400° for 15 min. Brush tops with butter

Hearth Bread Esther Moss

- 2 cups bisquick
- 1/2 cup cold water
- 1/4 tsp garlic powder
- 2 Tbs margarine, melted
- 2 Tbs sesame seeds
- 2 Tbs salted sunflower seeds or chopped nuts



Heat oven to 425°. Mix baking mix, water and garlic,, until soft dough forms. Pat dough with floured hands into 10 inch circle on ungreased cookie sheet. Brush circle with margarine. Sprinkle with sesame seeds and sunflower seeds. Press into dough. cut circle into 12 wedges. Bake until golden brown. 15-20 min. 12 servings. High altitude directions: (3500-6500') heat oven to 450° and bake 10-15 min.

Prune Bread Esther Moss

- 1 1/2 cups prunes (boiled and mashed)
- 2 cups flour
- 1 tsp allspice
- 1 tsp nutmeg
- 1 tsp soda
- 1/2 tsp salt
- 3 eggs
- 1 1/2 cups sugar
- 3/4 cup oil
- 1 cup buttermilk (or sour)
- 1 1/4 cup chopped nuts



Beat eggs, sugar, veg. oil, prunes; add flour and buttermilk alternately. Add nuts. Bake at 350° for 1 hour.

Pumpkin Bread Esther Moss



- | | |
|-----------------------|-------------------------|
| 2 cups sugar | 2 tsp soda |
| 1 cup brown sugar | 4 Tbs pumpkin pie spice |
| 2 cups canned pumpkin | 2 cups raisins |
| 1 cup salad oil | 1 tsp salt |
| 4 eggs | 1 cup chopped nuts |
| 4 cups flour | 1/2 cup water |

Combine thoroughly, Eggs and beat well. Sift together all spices, flour and soda. Stir in nuts and raisins and water. Bake in loaf tins at 325° for 65-75 min. Done when toothpick comes out clean.

6 Weeks Bran Muffins Melba Lewitz

- 1-15 oz box bran raisin bran flakes
- 1 qt. buttermilk; pour over bran.
- 3 cups sugar
- 4 eggs
- Cream and add:
- 1 cup melted shortening or oil
- Sift together:
- 5 cups flour and 5 tsp soda



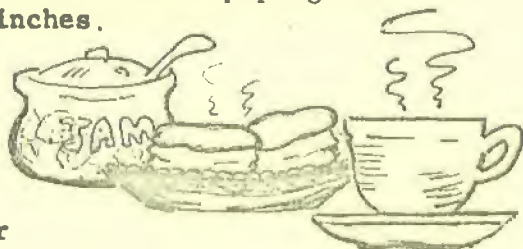
Mix all ingredients together. Pour batter into container - cover - place in refrigerator. Dip with spoon the desired amount required for a meal. Put into greased muffin tin and bake at 400° for 15 min. Do not freeze - will keep for 6 weeks.

Buttermilk Biscuits

Gladys Lain

2 cups flour
2 1/4 tsp baking powder
1/4 tsp soda
1 tsp salt
1/3 cup plus 2 tsp Crisco shortening
3/4 cup buttermilk

Sift flour, measure, resift 3 times with 3 ingredients; the third time into mixing bowl. Cut in shortening thoroughly. Add buttermilk all at once. Knead 8-10 times, roll or pat from 1/2-1/3 inch thick, cut with floured cutter. Put butter in pan, then put biscuits in and turn so butter is on both sides. Bake at 450°-500° for 10-15 min. Serve piping hot. About 18 biscuits, 2 1/4 inches.



Swedish Rye Bread

Linda Raynor

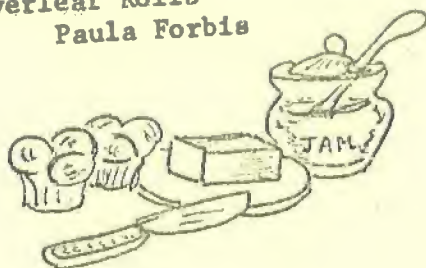
1/2 cup brown sugar	1/3 cup melted shortening
1/2 cup dark Karo syrup	3 cups liquid
1/2 tsp anise seed	(2 1/2 cup hot water; 1/2 cup cream)
2 tsp salt	2 cups rye flour
1/2 tsp grated orange peel	
2 Tbs molasses	
7 cups white flour, sifted	
2 cakes yeast, dissolved in warm water and 2 Tbs sugar	

Knead dough; let rise; Cut into 3 sections; knead; put bread in pans and bake at 350° for 30-45 min.

*The way to have a friend is
to be one. ~ Emerson ~*

Cloverleaf Rolls Paula Forbis

1 pkg yeast
1/4 cup sugar
3/4 Tbs salt
2 Tbs shortening
3 cups flour
butter



Dissolve yeast in 1 cup lukewarm water; add sugar, salt and shortening. Stir in flour. Knead about 5 min.; place in greased bowl. Cover and let rise until doubled. Punch down and let rise again. Shape into walnut sized balls. Place 3 balls in each muffin cup. Let rise until doubled. Bake at 375° for 20-25 min. Brush tops with butter.

Cranberry-Orange Bread Esther Moss

2 cups flour	1 cup sugar
1/2 tsp salt	1 med orange, juice and
1 1/2 tsp baking powder	grated rind
1/2 tsp soda	1 cup raw cranberries,
2 Tbs margarine	cut in pieces
1 egg, beaten	1 cup chopped nuts
Enough water added to butter to make 3/4 cup liquid	

Sift flour, salt, baking powder, soda and sugar, together twice. To orange juice and rind, add butter and water. Add beaten egg to dry ingredients. Fold in nuts and cranberries. Mix well together. Turn into greased loaf pan and bake at 350° for 1 hour or until done. Store 24 hours and slice. Spread with butter or cream cheese for sandwiches. If desired use: 1 cup raisins instead of nuts and add 1/2 cup more cranberries.

Basic Easter Breakfast Sweet Rolls

Measure into mixing bowl: 1/2 cup warm water (110-115°)

Add, stirring to dissolve: 2 pkg active dry yeast.

Stir in:

1 1/2 cup lukewarm milk (scalded)	2 eggs
1/2 cup sugar	1/2 cup soft shortening
2 tsp salt	Half of 7-7 1/2 cup sifted flour

Mix with spoon until smooth. Add enough remaining flour to handle easily; mix with hand; Turn onto lightly floured board; knead until smooth and elastic (about 5 min). Round up in greased bowl, greased side up. Cover with damp cloth. Let rise in warm place (85°) until double (about 1 1/2 hour).

Punch down; let rise again until almost double (about 30 min). Roll dough into oblong or two oblongs. Spread with desired filling. Roll up tightly, beginning at wide side. Seal well by pinching edges of roll together. Stretch roll slightly to even. Cut roll into 1" slices.

Place a little apart in greased pans. Cover and let rise until double in bulk (35-40 min) Bake until golden brown at 375° (15-25 min).

Fillings:

1. Spread with: 1 cup butter or margarine and
Sprinkle with: 1 lb brown sugar, cinnamon and
2 cups soaked and drained raisins.
Frost with: Quick white icing; sift powdered sugar into bowl and moisten with cream or milk to spreading consistency. Add vanilla and spread over warm rolls.
2. Spread with melted butter, sprinkle with cinnamon and sugar (mixed) and chopped nuts
Bottom of pan: Melted butter and brown sugar (like thick frosting) and chopped nuts.
3. Spread dough with the above plus a few Tbs. of orange juice concentrate and add a little to the frosting.
4. Sticky buns: Use basic recipe, then in bottom of baking pan melt some butter and sprinkle on brown sugar; sprinkle tiny amount of water on butter and brown sugar and nuts if wished.

Big Dutch Baby Pancakes
Maydel Cashdollar

Enough for 4:
1/4 cup butter
3 eggs
3/4 cup milk
3/4 cup flour

Set oven at 425°, put butter in slant-sided fry pan (or Wok) and melt as oven heats. Put eggs in blender on high speed for 1 min., gradually add milk, then flour, continue blending for 30 sec. Pour batter over melted butter. Bake until fluffy and browned (20-25 min) Top as desired.

Ideas for toppings:

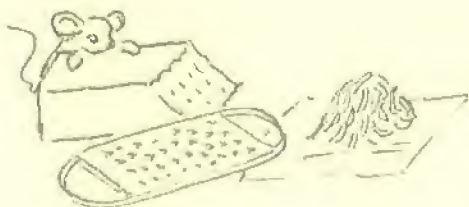
powdered sugar
fresh sweetened berries
applesauce
syrup



Cheese Crackers
Alice Sprando

1 cup butter	1 tsp salt
1 lb grated cheddar cheese	4 cups rice crispies
2 cups flour	1/4 tsp cayenne

Blend softened butter and cheese, then rest of ingredients. Shape into balls the size of walnuts. Press with fork and bake on ungreased cookie sheet for 25 min at 325°. Serve with salads, soups or as hors d'oeuvres.



Cinnamon Muffins Esther Moss

1 cup milk
1/2 cup oil (melted butter)
1 cup sugar
2 eggs
2 cups flour
4 tsp baking powder
1/2 tsp salt
2 Tbs cinnamon
1 cup nuts

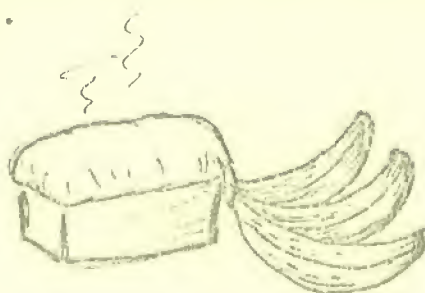


Mix as any cake mixture. Bake in well greased muffin tins at 400° for 20 min. Makes 1 1/2 doz.

Banana Bread Elinor Wiley

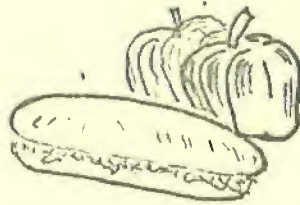
1 cup sugar	2 Tbs milk
1/2 cup melted margarine	1 tsp soda
2 eggs	1 tsp baking powder
2 cups flour	3 ripe bananas

Mix and sift all dry ingredients into bowl.
Add eggs , milk and melted butter and mashed bananas.
Mix well. Pour into buttered and floured pan.
Bake at 325° for 1 hour or until clean toothpick
test is done.



Bun Sticks
Betty Brown

1/4 lb. cheese (1 cup cubed)
3 hard cooked eggs, chopped
7 oz tuna, flaked
2 Tbs chopped green pepper
2 Tbs chopped sweet pickles
1/2 cup mayonnaise
6 coney buns (hot dog)



Combine ingredients. Mix lightly and fill buns.
Wrap all buns together in foil and place in oven
at 350° for 20 min. or until cheese melts.

Oatmeal Muffins
June Parker

1 cup quick oats	1 tsp baking powder
1 cup sour milk or buttermilk	1 tsp salt
1 egg	1/2 tsp soda
1/2 cup brown sugar (scant)	1 cup flour
1/2 cup melted shortening or oil	

Soak oats in milk for 1 hour. Add egg and beat well. Add sugar and mix. Add oil, then dry ingredients. Bake in greased muffin tins at 400° for 15-20 min.



Refrigerator Bran Muffins

Mary Hollabaugh

Lydia Peterson

Marge Bechtol

Blend together:

1 1/2 cup sugar

1/2 cup oil

2 eggs

2 cups buttermilk

2 1/3 cup flour

1/2 tsp salt

2 1/2 tsp soda

Pour 1 cup boiling water over:

2 cups kellogg All Bran

1 cup Nabisco 100% Bran

1 cup raisins

Mix and add to first mixture.

Pour into greased muffin tins and bake 25 min.

at 400°. Keep in refrigerator and bake as needed.

Little Dill Loaves or Rolls

Maydel Cashdollar

1 pkg yeast

1/2 cup very warm water

1 cup cottage cheese

2 Tbs sugar

1 Tbs instant mince onions

2 tsp dill weed

1 tsp salt

1/4 tsp baking soda

1 egg

2 1/3 cup flour

Dissolve yeast in warm water; heat cheese to lukewarm and stir into yeast. Add rest of ingredients (hold back 1 cup flour). Beat with electric mixer at medium speed for 2 min. and add remaining flour. Cover and let rise; stir dough down and spoon in tins or put in loaf pans; cover and let rise again. Bake at 350° until sound is hollow (20-30 min. - rolls and 30-45 min - bread) After baked, brush tops with butter.

Sesame Seed Wafers
Alice Sprando

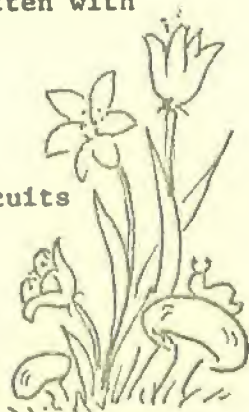
- 1 cup raw sugar (or White)
- 1 cup butter
- 1 egg
- 1 tsp vanilla
- 1 3/4 cup white or whole wheat flour
- 1 cup sesame seeds, toasted light brown



Mix in order given. Form into balls. Flatten with fork and bake at 350° about 5 or 6 min.

Edith Landess's Raised Buttermilk Biscuits
Virginia Smith

- | | |
|------------------|---------------------|
| 1 Tbs Sugar | 1 tsp baking powder |
| 2 Tbs warm water | 1 tsp salt |
| 1 pkg yeast | 2 Tbs Shortening |
| 2 cups flour | 2/3 cup buttermilk |



Mix sugar and water. Add yeast. Dissolve. Sift flour with baking powder and salt. Cut in shortening. Add buttermilk and yeast mixture. Mix. Knead lightly. Roll 1/2 inch thick. Cut biscuits. Put in greased pan. Raise until almost double, about 45 min. Bake at 425° for 10-15 min.



1950

Hot Rolls

Melba Lewitz

2/3 cup shortening
2/3 cup sugar
1 egg, beaten
1 yeast cake
1 t. salt
1 cup thin mashed potatoes
2 cups water
7-8 cups flour

Soak yeast in $\frac{1}{2}$ cup warm water and 1 t. sugar. Cream sugar and shortening; add egg. Add yeast mixture and other $1\frac{1}{2}$ cups warm water; add potatoes; then salt. Keep adding flour until bread consistency. Knead in bowl. Cover with Saran Wrap and towel in a warm place about 4-5 hours. Work down once as it raises. Place $\frac{1}{2}$ dough on floured board. Pull dough to $\frac{1}{2}$ " thickness. Cut with a $3\frac{1}{2}$ " round cutter. Place on lightly greased cookie sheet. Make indentation across center with the back of a table knife. Add a little butter, fold over. Let rise in a warm place until nearly double in size. Bake 425 degrees for 8 min, (I use powdered potatoes - $\frac{1}{3}$ cup and fill the cup with water.)

~ TIPS ~

+

When bread is baking, a small dish of water in the oven will keep the crust from getting too hard.

+

Use metal ice tray divider to cut biscuits in a hurry. Press into dough and biscuits will separate at dividing lines when baking.

Pancakes

Dennis Torresdal

Blend in blender until it becomes flour like.

3/4 cup rolled oats

3/4 cup whole wheat berries (wheat not ground)

1 Tbsp. flax seed

1/2 cup whole wheat flour plus mixture from blender equaling 2 cups

2 tsp. baking powder

1 tsp. baking soda

1 tsp. salt

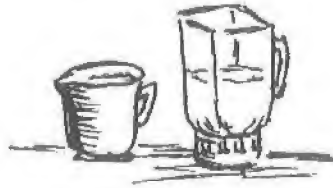
1 cup nonfat yogurt

1 cup nonfat milk

1 Tbsp. oil

1-2 Tbsp. sugar

4 oz. egg substitute (no cholesterol)



Combine the 2 cups of flour and other ingredients. Stir until smooth and pour on griddle. Serves 4. Healthful, but tasty. Low fat, low cholesterol. Great flavor and texture will come from any freshly ground grain.

L. & M Bran Muffins

Meredith Moore

1 cup flour

1 cup oats

1 cup bran

2/3 cup sugar

2 1/2 teaspoon baking powder

1/2 tsp baking soda

1/2 tsp salt

1 cup milk

1/2 cup oil

2 eggs

Mix ingredients and bake 350 degree for 20 minutes.

White Bread

Millie Lerch

2 pkgs. yeast
2 cups lukewarm water 105-115 degrees
1½ cups milk, scalded and cooled
¼ cup sugar
2 eggs
3 tsp. salt
3 Tbsp. shortening
10-11 cups flour

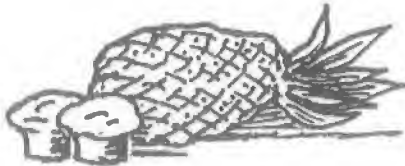
Dissolve yeast in water and add rest of ingredient and mix until firm. Knead 5-10 minutes. Put in greased bowl and let rise 1 hour. Then divide into 3-4 loaves and let rise 45 minutes to 1 hour. Bake at 375 degrees for 45 minutes.

Kim's Hawaiian Muffins

Zilpha Allison

½ cup margarine or butter
1 cup sugar
2 eggs
2 or 3 large bananas, mashed
½ cup crushed pineapple, drained
2 cups flour
1 tsp. soda
1/8 tsp. salt
½ cup walnuts

Mix in order given.
Bake 20 minutes at 350 degrees.



GERMAN PANCAKES

Evie Vetsch

Per person:

1/2 cup milk

1/2 cup flour

1/8 tsp. salt

1 tsp. sugar

2 eggs

1-2 Tbs. butter

use a 9 or 10 inch cast iron fry pan. Melt the butter in the hot pan. Tip pan so sides are also coated.

Put all ingredients except butter into a mixing bowl. Mix by hand with a fork until combined. Pour all at once into hot or warm well-buttered fry pan and put into 425° oven for 13-15 minutes. Do not open oven until 13 minutes have passed. The pancakes should puff up on the sides of the pan. Serve with butter and syrup or for a special treat, with thickened fruit, sauce, and whipped cream. Serves 1 or 2 people. Slip on to a large plate and serve. It is important to mix by hand. I double the recipe and use 3 medium fry pans. It is a good supper dish. (Especially if the family comes dragging in one at a time.)

Sauce:

water, lemon juice, cornstarch and sugar. Cook and when thickened, add fruit: Blueberries, Huckleberries, Peaches Strawberries.

Be careful! Pan handle gets hot. Fun to watch if you have a window on your oven.



Ceti's Nut Rolls

Donna Matrazzo

½ lb. butter
6 cups flour
9 Tbsp. sugar
1 tsp. salt
4 egg yolks
½ pint sour cream
1 cup milk, lukewarm
1 tsp. sugar
1 cake yeast

Nut filling:

2 lbs. ground walnuts
2 cups sugar
4 egg whites, beaten stiff
Add milk to make moist enough to spread.

Crumble yeast in milk and set aside.

Sift flour, sugar and salt.

Work in the butter.

Add sour cream, yeast mixture and egg yolks.

Knead thoroughly and let rise.

In 2 hours, punch down.

In 2 more hours.....

Divide dough into 6 parts.

Roll out each part, like a pie crust, then spread nut filling. Roll into a long roll, tucking in the ends. Brush top with melted shortening, and allow to rise for 20 minutes. Bake for 30 minutes at 350 degrees.

"Ceti" means "Aunt" in Slovak. This Ceti, Mary Minalko, was not my real aunt, but our next door neighbor when I was a young girl in Braddock, PA. We lived near a steel mill. Ceti, like many people in Braddock, died early from cancer. I still bake Ceti's nut rolls every year at Christmas.

Cakes and Frosting cookies



Everything
tastes better made
with butter and
lots of love!

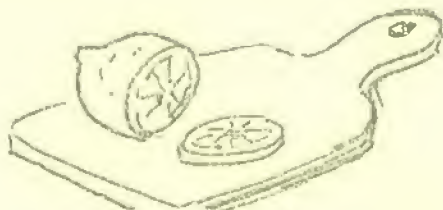
Chocolate Eclair Cake
Dorothy Krofft

- 1 lb. graham crackers
- 2 large boxes instant vanilla pudding
- 3 cups milk
- 1 - 9 oz Cool Whip
- 1 can Chocolate Frosting

Mix pudding and milk. Fold in Cool Whip.
Grease 9x13 pan and line with crackers. Alternate
pudding and crackers, top with crackers and frosting.
Make day before and reffigerate.

Moist Lemon Cake
Libby Anderson

- 1 pkg. Duncan Hines Supreme Lemon Cake Mix
 - 1 pkg. jello instant lemon pudding
 - 3/4 cup oil
 - 3/4 cup water
 - 4 eggs
- Beat together and pour into 9x13 pan and bake at 350°
for 45 minutes.
- Glaze:
- Mix together 2 cups sifted powdered sugar, 2 Tbs. butter
 - 1 Tbs. water
 - 1/3 cup orange juice
 - grated orange peel
- melt butter, pierce top of cake with fork while hot
and pour glaze over top of cake.



Chopped Apple Cake Annette Clute

2 cup sugar	1/4 tsp nutmeg
1/2 cup shortening	1 tsp vanilla (or lemon extract)
2 eggs	1 cup chopped nuts
2 tsp soda	4 cups chopped or diced
2 cup flour	apples (about 4 large)
1 tsp salt	raisins or dates chopped
1/2 tsp cinnamon	(simmer for 7 min)

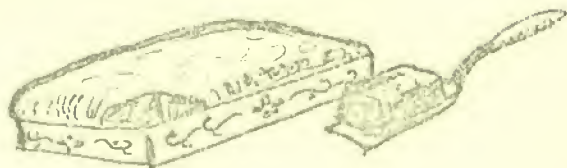
Combine ingredients as you would most cakes. There is no additional liquid. This makes a very stiff batter. Bake at 350° for approx. 45 min. in 8x10 or 9x11 flat pan. May ice if desired. Keeps very well and will freeze.

Mississippi Mud Cake Zilpha Allison

2 cubes butter-melted	1 1/2 cup flour
1/3 cup cocoa	1 tsp vanilla
2 cups sugar	4 eggs
1/4 tsp. salt	1 cup coconut
1/2 tsp soda	1 cup chopped nuts

Mix first 9 ingredients, bake at 350° for 30 min. in 9x13 pan. While cake is still hot spread on 1 7oz jar marshmellow cream, let cool completely before frosting with:

1 cube butter
1/3 cup cocoa
1/2 cup canned milk
1 box powdered sugar



Carrot Cake
Suzy Rau

3 cups flour	2 tsp vanilla
1 1/2 cup oil	3 eggs
2 cups sugar	3 cups grated carrots
1 tsp soda	1 can crushed pineapple
2 tsp cinnamon	1 1/2 cups chopped walnuts
1 tsp salt	

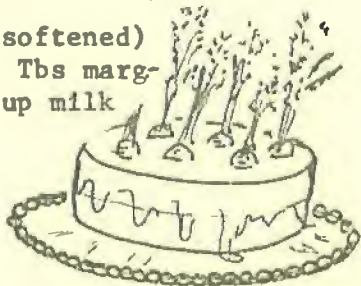
Beat eggs, sugar and oil. Add flour, spices, vanilla carrots, pineapple and walnuts. Beat well. Put in 9x13 pan, (greased) and bake at 350° for 1/2 hour. When cool, frost.

Frosting: 1-3 Oz pkg cream cheese (softened)

1/4 cup half and half or 1 Tbs marg-
-erine and 1/4 cup milk

2 tsp vanilla

2 1/2 cup powdered sugar.



Sande Torte (similar to pound cake)
Jeri DeSylvia

Cream: 1 cup soft butter

3 cup sugar

Add: 6 eggs (one at a time) beat well after each addition

Blend: 1 cup sour cream

Sift together: 3 cup flour

1/4 tsp baking powder

Add slowly beating well after each addition

Add: 1 1/2 tsp vanilla

Bake: 350° for 1 hour 15 min. in bundt or angel food pan.

Serve: with fruit or sauces, cream or just sprinkle with powdered sugar.

Easy Spicy Apple Cake
Fern Schulz

1 cup white sugar
1 cup brown sugar
6 Tbs butter

Cream together

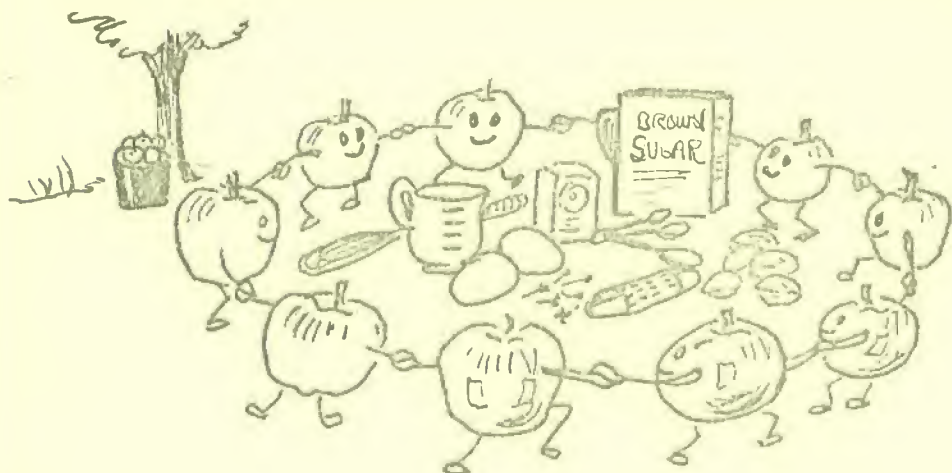
2 large eggs
2 tsp vanilla
2 Tbs undiluted frozen
orange juice

Beat in until light
and well blended

1 cup white flour
1 cup wheat flour
1 tsp soda
1 tsp baking powder
1 tsp salt
1 tsp cinnamon
1/2 tsp nutmeg
1/2 tsp cloves
4-5 chopped apples
1/2 cup nuts

Add and stir well.
Best made with Gravenstein or
other quick-cooking apples.
Winter apples- use less and chop
finer. Nuts can be any mixture.
including sunflower seeds.

Batter shouldn't be too stiff and will appear to be full of apples and nuts. Some bran and wheat germ instead of portion of flour and less sugar makes a more compact Apple Bread. Bake about 50 min. at 350°. Can use a broiled icing or preferably brown sugar/coconut frosting.



Carrot Cake
Kathy Anderson

2 cup sifted flour	4 eggs
2 tsp baking powder	2 cups grated carrots
1 1/2 tsp baking soda	1 can crushed pineapple
1 tsp salt	(8 oz)
2 tsp cinnamon	1/2 cup finely chopped
2 cups sugar	nuts (optional)
1 1/2 cup oil	1 cup coconut

Sift first 5 dry ingredients together and add sugar oil and eggs and mix well. Blend in carrots, pineapple, nuts and coconut. Grease and flour 3 9" round layer pans.

Cream Cheese Frosting

1/2 cup butter 1 lb. powdered sugar
1 8oz cream cheese 1 tsp vanilla

Cream together in order named

Pineapple Upside Down Cake

1/2 cup butter
1 cup light brown sugar
1 no. 2 can sliced pineapple
3 eggs
1 cup sugar
5 Tbs pineapple juice
1 cup flour
1 tsp baking powder
1/4 tsp salt



In oven proof 10 inch skillet or baking dish, melt butter and brown sugar. Add drained pineapple slices to sugar mixture. In a large bowl, beat eggs until light and lemon colored; gradually add sugar. Sift dry ingredients together and add alternating with juice. Pour batter over pineapple. Bake at 350° for 20 minutes.

Yuletide Fruit Cakes
Zilpha Allison

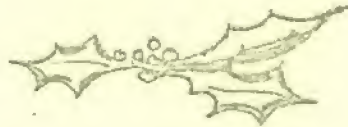
3/4 cup candied mixed fruit	3 egg yolks (beaten)
1 cup coarsely broken nuts	1 cup dairy eggnog
2 cups sifted flour	2 tsp rum flavoring
1/2 tsp nutmeg	3 egg whites
3/4 cup butter	1/2 tsp cream of tartar
1 cup brown sugar (firmly packed)	

Sift together flour and nutmeg. Combine mixed fruits and nuts. Mix 1/4 flour with fruit mixture. Cream butter and sugar until light and fluffy. Add egg yolks. Beat until well mixed. Combine eggnog and rum flavoring. Add alternately with remaining flour to creamed mixture. Fold in fruit. Beat egg whites until frothy and add cream of tartar and continue beating until whites stand in stiff peaks. Fold into batter. Place 2 1/2" paper baking cups in muffin pan. fill 3/4 full. Bake at 300° for 50-55 min. Cool Brush lightly with:

Glaze

1/4 cup white corn syrup
2 Tbs water
1 Tbs pineapple juice

Combine corn syrup, water and juice and bring to a boil for 1 minute.



Maple Nut Cake
Mrs. Paul Peterson

Cream 1/3 cup shortening with 1 cup light brown sugar, add 2 egg yolks. Mix well and add 3/4 cup milk. Sift together 1 1/2 cup flour, 1/2 tsp salt, and 2 level tsp baking powder and add. Mix in 1 cup finely chopped nuts and 1 tsp vanilla. Bake in greased and floured loaf pan, at 350° for 35 minutes.

Cheese Cake

Harriet Cashdollar

Crust:

1 cup sifted flour	1/2 cup butter
1/2 cup sugar	1 slightly beaten egg yolk
1 tsp grated lemon peel	1/4 tsp. vanilla

Filling:

5- 8oz pkg cream cheese	3 Tbs flour
1/4 tsp vanilla	1/4 tsp salt
3/4 tsp grated lemon peel	1 cup eggs (4 or 5)
3/4 tsp grated orange peel	2 egg yolks
1 3/4 cup sugar	1/4 cup whipping cream

Make crust: combine first 3 ingredients, cut in butter until crumbly, add egg yolk and vanilla-mix well. Pat 1/3 of dough on bottom of 9" spring form pan (sides removed) Bake at 400° about 8 min. until golden brown. Cool. Butter side of pan and attach to bottom. Pat remaining dough on sides of pan.

Make Filling: cream cheese until light and fluffy. Add vanilla and peels. Mix sugar, flour and salt, gradually add to cheese. Add eggs and egg yolks, one at a time. Beat after each to blend. Gently stir in cream. Turn into crust lined pan and Bake at 500° for 12 min. reduce heat to 200° and bake 55 min. Remove from oven, cool 1/2 hour. Loosen sides from pan with spatula- cool for 2 hours

Banana Nut Cake

Margaret Simpson

1 1/2 cup sugar	1 tsp soda
1/2 cup shortening	1 cup chopped nuts
2 eggs	3 bananas (mashed)
4 Tbs. sour milk	2 cups flour

Cream sugar and shortening together well, then add eggs, stir in sour milk, soda and bananas, flour and nuts. Mix well. Bake at 350° for 1 hour in tube pan or other kind.

Poppy Seed Cake
Maxine Bergeron

1 pkg instant coconut pudding
1 pkg yellow cake mix
1/4 cup poppy seed
4 eggs
1/2 cup wesson oil
1 cup hot water

Beat eggs first until fluffy. Add rest of ingredients and beat 5-6 min. Pour into oiled tube pan. Bake at 350° for 45-60 min.

Rhubarb Surprise Cake
Evelyn Vetsch



3 cups rhubarb, sliced
1 cup sugar (or less)
1 pkg red jello (raspberry or strawberry)
2 cups miniature marshmallows
1 cake mix (yellow, lemon or white)
whipping cream

In a bowl mix the rhubarb, sugar and jello. Stir gently. Mix cake according to directions on pkg. Spread the rhubarb mixture in a 9x13 buttered pan and cover with the 2 cups of marshmallows. Pour the cake batter evenly over the top. Bake at 350° about 45 min. or until done. When serving cut squares and place them rhubarb side up. A big "dclup" of whipped cream-sprinkled with cinnamon goes well with this.
Serve hot or cold!

Sure things seldom are -

Walnut Slices (Romance Cake)

Isobel Gorey

1/2 cup butter
1 cup flour
2 Tbs sugar

Blend until fine with pastry
blender and pat in a 8x8 pan .
Bake at 375° for 10 minutes.
Remove from oven and cool in
the pan.

2 eggs, well beaten
1/4 cup coconut
2 Tbs. flour
1 cup brown sugar
1 cup chopped nuts
1 tsp baking powder

Mix well and pour over first
mixture. Return to oven at
325° until lightly browned
(about 25 minutes) Cool
in pan.

Scotcharoos

Tammie McKesh

Nancy duke

1 cup Karo
1 cup sugar
Put in pan over high heat. When it starts to bubble,
boil exactly 1 minute and take off heat. Stir in
1 cup peanut butter
Add and stir in
6 cups rice krispies
stir and spread in buttered 9x13 pan
Melt on lowest heat: 6 oz. chocolate chips and 6 oz
butterscotch bits. Spread over cookies, cool and
cut in squares.

*When work seems rather dull to me
and life is not so sweet,
One thing at least can bring joy,
I simply love to eat.*

Perfect Chocolate Cake

Mary Vann

Cake:

1 cup unsifted unsweetened cocoa
2 cups boiling water
2 3/4 cups sifted all- purpose flour
2 tsp baking soda
1/2 tsp salt
1/2 tsp baking powder
1 cup butter, softened
2 1/2 cups sugar
4 eggs
1 1/2 tsp vanilla

Frosting:

1 pkg semi-sweet
chocolate pieces
1/2 cup light cream
1 cup butter
2 1/2 cups powdered
sugar, unsifted

Filling:

1 cup heavy cream
chilled
1/4 cup powdered
sugar, unsifted
1 tsp. vanilla

In medium bowl, combine cocoa with boiling water, mixing with wire whisk until smooth. Cool completely. Sift flour with soda, salt and baking powder. Preheat oven to 350°. Grease well and lightly flour three 9x1 1/2 inch layer cake pans. In large bowl beat butter sugar, eggs and vanilla at high speed for 5 minutes. At low speed, beat in flour mixture, alternating with cocoa mixture, beginning and ending with flour mixture. Do not over beat. Divide evenly into pans; smooth top. Bake 25 to 30 minutes or until surface springs back when gently pressed with fingertip. Cool in pans 10 minutes. Carefully loosen sides with spatula; remove from pans; cool on racks; Frosting: in medium saucepan, combine chocolate pieces, cream, butter; stir over medium heat until smooth; Remove from heat. With whisk, blend in 2 1/2 cups powdered sugar. In bowl set over ice, beat until it holds shape. Filling: Whip cream with sugar and vanilla; refrigerate. To assemble cake: On plate, place a layer, top side down; spread with half of cream. Place second layer, top side down; spread with rest of cream. Place third layer, top side up. To frost: With spatula, frost sides first, covering whipped cream; use rest of frosting on top, swirling decoratively. Refrigerate at least 1 hour before serving. To cut: use a thin-edged sharp knife; slice with a sawing motion. Serve 10 to 12.

Crazy cake
Mary Trupp

3 cups flour	2 Tbs vinegar
2 cups sugar	3/4 cup salad oil
1/3 cup cocoa	1 tsp vanilla
2 tsp soda	2 cup water
1/2 tsp salt	

Sift dry ingredients into 8" pan (ungreased)
Level off and punch three holes into the mixture
with the back of a spoon. Into one put vinegar,
into the second, shortening and in the third
put vanilla. Pour water over all and stir with
a fork. Bake for 35 min. at 375°.

Pumpkin Cake
Esther Austad



1 yellow cake mix
1 cube butter
mix together and set aside 1 cup of mixture
Add 1 egg to rest of mix and pat in 9x13 pan.
Mix 3 cups pumpkin, 4 eggs (slightly beaten),
3/4 cup sugar and 3/4 cup brown sugar, 1 tsp salt,
2 tsp cinnamon, 1 tsp ginger, 1/2 tsp cloves, 1 tsp
vanilla and 1 large can evaporated milk (13oz)
Mix filling ingredients in order given. Pour over
cake mix in pan. Take remaining cake mix and add
3/4 cup sugar, 1/2 cup nuts and 1 tsp cinnamon and
sprinkle over pumpkin mix. Bake in 425° oven for
15 min. and reduce temp to 350° and continue baking
for 45 min. or until inserted knife comes out clean.
Cool.



Festive Cake

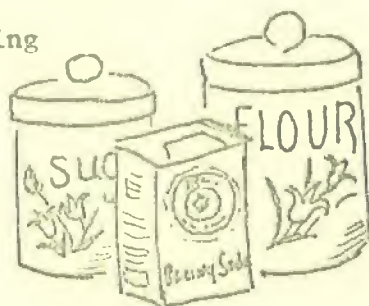
Betty Brown

3 cups flour	3 eggs
2 cups sugar	1 1/2 cup oil
1 tsp soda	1 tsp. vanilla
1 tsp salt	2 bananas (cups)
1 tsp cinnamon	8 oz crushed pineapple
1 cup chopped nuts	

Sift together dry ingredients. Beat egg, add mashed bananas, oil, vanilla and crushed pineapple. Add dry ingredients. Place in greased tube pan (10") bake 1 hour 20 minutes at 325°

Cream Cheese Icing

8 oz cream cheese
 1/2 cup butter
 1 lb. powdered sugar
 1 Tbs. instant cocoa
 Beat well



Swedish Peppar Kekar Cookies

Linda Raynor

1/2 cup butter	3 tsp cinnamon
1/2 cup shortening	3 tsp ginger
1 1/2 cup sugar	3 tsp cloves
3 cups flour	2 tsp soda
1 egg	1 Tbs. dark karo syrup

Mix and Chill; Dough should be on wet side, if too much flour, it crumbles. Recipe actually calls for 3 1/4 cups flour, but I figure 1/4 cup is on the board for rolling. 350° - roll thin Cut with cookie cutters and bake on cookie sheets about 10 minutes. I sprinkle them with sugar before baking.

Nanaimo Bars
Isobel Gorey

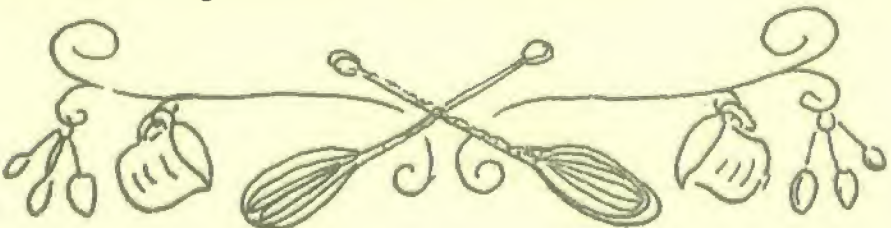
1/2 cup butter	1 egg
1/4 cup white sugar	2 cups graham wafer crumbs
5 Tbs. cocoa	1 cup coconut
1 tsp. vanilla	1/2 cup chopped walnuts

Place softened butter, sugar, cocoa, vanilla and egg in bowl. Set the bowl in a dish of boiling water. Stir well until the butter has melted and the mixture resembles custard. Combine graham crumbs (28 crackers) coconut and nuts, blending well. Add to cooked mixture. Pack evenly in 9 inch square pan. Spread with icing. Special Icing: Cream 1/4 cup butter, add 3 Tbs. milk which has been combined with 2 Tbs. vanilla Custard powder. Blend in 2 cup sifted powdered sugar. Spread over chocolate base, let stand about 15 minutes to harden somewhat. Then melt 4 squares semi-sweet chocolate with 1 Tbs. butter and spread over custard icing. When set, cut into bars.

Unbaked Bars
Isobel Gorey

1/2 cup butter	3/4 cup nuts
1/2 cup brown sugar	2 heaping Tbs cocoa
1 egg	1/2 box graham crackers
1 tsp. vanilla	(broken quite fine but not rolled)

Melt butter in pan, add sugar, cocoa and slightly beaten egg. Let bubble 1 minute, take off heat and add to rest of ingredients. Pack in 8x8 pan.



Good Sugar Cookies

Betty Brown

Beat Well:

- 2 cups sugar
- 1 scant cup oil
- 1 cup margarine or butter
- $\frac{2}{3}$ eggs
- 1 TBS vanilla

Sift together:

- 5 cups flour
- 2 tsp cream of tartar
- 2 tsp soda
- 1 tsp salt



Mix all ingredients well. Make balls the size of walnuts press with end of glass that has been dampened with water and dipped in sugar. Bake at 350° about 12 min. until light brown.

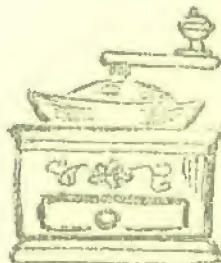
Oatmeal Crispies

Virginia Smith

- $\frac{3}{4}$ cup sifted flour
- $\frac{1}{2}$ tsp salt
- $\frac{1}{2}$ tsp soda
- $\frac{1}{2}$ tsp cloves
- $\frac{1}{2}$ tsp cinnamon
- $\frac{1}{2}$ cup shortening
- 1 egg
- $\frac{1}{2}$ tsp vanilla
- $1\frac{1}{2}$ cup rolled oats
- $\frac{1}{2}$ cup chopped nuts

- $\frac{1}{2}$ cup brown sugar
- $\frac{1}{2}$ cup white sugar

Mix all together. Roll in wax paper, chill thoroughly. Slice and bake at 400° for 6-8 min.



Cinnamon Pinwheel Cookies
Paula Forbis

3 cups flour	1 pkg yeast
1/2 tsp salt	1/4 cup warm water
1 tsp ground cardamon	1/2 cup milk
1 cup butter or margarine	1 beaten egg
2 Tbs sugar	3 Tbs salad oil

Cinnamon filling:
1/4 cup sugar
1/4 cup brown sugar
2 Tbs cinnamon

In large bowl combine flour, salt, cardamon and sugar; cut in butter until butter is in pea size. Dissolve yeast in warm water. Blend in milk, egg and oil. Mix liquid into flour mixture just until all flour is moistened. Cover with plastic and chill 1 hour or until firm. Remove dough to a lightly floured board; knead 4 times only. Pat into a rectangle, then roll dough into an 11x18" rectangle with straight sides. Sprinkle cinnamon filling evenly over surface to within 1/4". Starting with lengthwise edge, roll up tightly. Pinch seam to seal. Wrap in plastic; chill for 1 hour. Cut roll dough in half and return half to refrig. to keep chilled. Cut dough roll in slices 1/2" thick. On lightly floured board, roll each slice into thin circle about 5" diameter. Spread sugar on a plate and dredge each circle of dough in sugar to coat both sides. Place on ungreased cookie sheet. Bake in 350° oven for 15 min. or until golden brown, cool on rack.



Lemon Squares Elinor Wiley

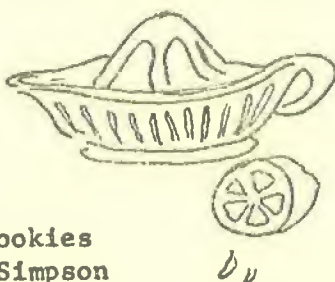
1/2 cup margarine

1 cup flour

1/4 cup powdered sugar

Mix and pat into 9x9 baking dish. Bake at 350°
for 15 min.

2 eggs beaten with 1 cup granulated sugar, 2 Tbs
flour, 1/2 tsp baking powder, grated rind of 1 lemon and
2 Tbs lemon juice. Pour over the first part and bake
25 min. When cool, sprinkle with powdered sugar.
Cut in squares.



Breakfast Crisp's Cookies Margaret Simpson

1 cup soft margarine

1 cup granulated sugar

1 cup brown sugar

2 eggs

1 cup oatmeal

2 tsp vanilla

1/2 tsp salt

2 cups oven toasted rice
cereal

1 cup coconut

2 cups flour, unsifted

1 tsp each: baking soda
and powder

In large bowl of electric mixer, beat together the
butter and sugar until creamy. Beat in eggs one at
a time until fluffy, add vanilla. Mix together the
flour, baking powder, soda and salt, rolled oats,
rice cereal and coconut. Stir into creamed mixture.
Mix well, the dough will be stiff. Drop by the Tbs.
onto greased cookie sheet, 2 inches apart. Bake at
375° for 10 min. or until golden brown. Makes
6-7 dozen.

Choco-Mint Snappers

Sue Parker

Preheat oven to 350°

Melt 1 pkg (1 cup) semi-sweet mint flavored chocolate pieces. Combine 2/3 cup shortening; 1/2 cup sugar; 1 egg in bowl and beat until creamy. Blend in melted chocolate and 1/4 cup corn syrup. Sift together: 1 3/4 cup flour, 2 tsp baking soda, 1 tsp cinnamon, 1/4 tsp salt and stir in gradually to creamed mixture. Shape dough into balls using 1 level Tbs for each. Roll balls of dough in sugar (1/4 cup) Place 3" apart on ungreased cookie sheets. Bake at 350° for 7 min. Let stand a few minutes before removing from pan. Makes 3 dozen 3" cookies.



Best Filled Cookies

Edna Cashdollar

1 cup butter	4 cups flour
1 cup sugar	1 tsp soda
1 cup brown sugar	1 tsp cinnamon
3 eggs	1/4 tsp salt

Cream butter, sugar and brown sugar; then add eggs and mix. Sift flour, salt, soda and cinnamon and add to mixture. If dough is soft, refrigerate. Roll to 1/2" thickness. Spread with date filling and roll in jelly roll fashion. Store in refrigerator until firm. Cut into thin slices and put on greased sheet. bake at 375° for 10-15 min.

Date Filling

1 lb. seeded dates (cut)	1/2 cup water
1/2 cup sugar	1 cup chopped nuts

Combine dates, water and sugar, cook until a thick paste (stir occasionally) Add nuts and cool. Spread on dough.

Chocolate Bars Babs Hall

- 1 pkg fudge cake mix
- 1-21 oz can cherry pie filling
- 1 tsp almond flavoring
- 2 beaten eggs

Combine cake mix, cherry pie filling, almond flavoring and eggs. Stir by hand until mixed well. Pour into floured 15x10 jelly roll pan or 9x13 broiler pan. Bake at 350° for 20-25 min. Cool. Frosting:

- | | |
|--------------|--------------------------------|
| 1 cup sugar | 1/3 cup milk |
| 5 Tbs butter | 6 oz semi-sweet chocolate bits |

Combine in pan: sugar, butter and milk. Boil stirring constantly 1 min. Remove from heat. Stir in chocolate bits until smooth. Pour over cake

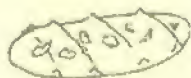
French-Swiss Butter Cookies *Evelyn Vetsch*

- 1 lb. butter
- 2 cups sugar
- 2 eggs, reserve 1 egg white
- 3-4 tsp cinnamon
- 4 cups flour
- 1/2 cup nuts, sliced thin



Thoroughly cream butter and sugar. Add eggs and beat. Mix in sifted dry ingredients. Roll into balls about the size of walnuts and place on ungreased cookie sheets with lots of space between. Flatten each cookie with the finger starting on one edge, leaving ridges, into oblong. With pastry brush, put egg white on each cookie. Sprinkle on a few nuts and bake at 350° for about 10 min.

Carefull! They burn easily. Just let them brown a little around the edges.



Country Crisp Sugar Cookies

Paula Forbis

- | | |
|-----------------------------|----------------------|
| 1/2 cup butter or margarine | 2 cups sifted flour |
| 1 cup sugar | 1/2 tsp salt |
| 1 egg | 1 tsp baking powder |
| 1 Tbs heavy cream | Extra sugar for tops |
| 1 tsp vanilla | |

Cream butter and sugar in bowl until light and fluffy. Add egg, cream, vanilla-beat well. Sift flour, salt and baking powder. Add to creamed mixture, beat well. Chill dough overnight, or 3 hours. 350° oven.

Grease two or more cookie sheets lightly. Roll out small amount of dough at one time, very thin on lightly floured board. Cut with cookie cutter. Sprinkle lightly with sugar. Bake 5 min. or until golden brown.

Chewy Cookie Squares

- 4 eggs
- 1 lb. brown sugar
- 1 1/2 tsp vanilla
- 1 1/2 cup flour
- 2 tsp baking powder
- 1/2 tsp salt
- 1 cup chopped nuts



Beat eggs in double boiler. Stir in sugar, cook, stirring, 3 min. Remove from hot water; add vanilla. Sift flour, baking powder and salt together. add creamed mixture; beat until smooth. Add nuts; pour into 9x13 pan. Bake in 325° oven for 30 min. leave in pan-cut as needed. 48 squares

*A worthy wife is her husband's
joy and crown.*

Chocolate Fillers
Jane Brunner

Combine: 3/4 cup butter
3/4 cup sugar
1/2 tsp. salt
2 cups flour

Beat at low speed of mixer until particles are fine. Press 2/3 of mixture firmly in bottom of 13x9 pan. Heat in saucepan: 1 can of Eagle Brand milk. Stir in 1 cup of chocolate chips, 1/2 cup chopped nuts (large pieces). Pour over mixture in pan. Sprinkle with remaining crumbs. Press down lightly. Bake at 375° for 25 to 30 minutes or until light golden brown.

No Bake Cookies
Golda Robitsch

1 1/2 cups sugar	Put in saucepan and bring
3 Tbs unsweetened cocoa	to a boil, stirring con-
1/2 cup butter	stantly. Boil 1 minute and
1/2 tsp. salt	remove from heat.
1/2 cup milk	

1/2 cup peanut butter	Add to warm mixture and
1 tsp vanilla	-- blend well
3 cups quick cooking oatmeal	--put oatmeal and raisins
1 cup raisins	in large bowl and pour other mixture over and stir.

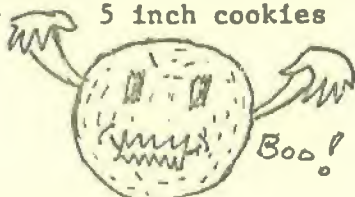
Drop by teaspoon onto waxed paper. Allow to sit until firm. These are also good with chocolate chips, coconut or nuts added.

Happy memories make warm companions.

Monster Cookies Mary Trupp

- | | |
|---------------------|-------------------------|
| 1 lb. butter | 8 tsp soda |
| 3 lb. peanut butter | 1 dozen eggs |
| 2 lb. brown sugar | 1-12 oz chocolate chips |
| 4 cups sugar | 1-16 oz M&M Candies |
| 1 Tbs corn syrup | 18 cups oatmeal |
| 1 Tbs vanilla | |

Mix all together and make 3 or 5 inch cookies. Bake at 350° for 15 min. 75-80 5 inch cookies



Stone Crock Cookies Jacky Cummings

- | | |
|------------------|---------------------|
| 1 cup shortening | 2 cups brown sugar |
| 1 tsp salt | 2 eggs well beaten |
| 1 tsp soda | 3 cups sifted flour |
| 1 tsp nutmeg | 1/4 cup milk |
| 1 tsp vanilla | 1 cup chopped nuts |

Combine shortening, salt, soda, nutmeg and vanilla. Add sugar gradually and cream well. Add eggs and 1/3 of milk. Add half of flour, rest of milk and rest of flour, mixing after each addition. Fold in nuts. Spread on greased cookie sheet. Bake at 375° for 10-12 min. When cool cut into squares.

*Be patient and you will finally
win, for a soft tongue can
break hard bones.*

Prov. 25:15

Peanut butter Cookies Kim O'Connell

- | | |
|--------------------------|-----------------------|
| 1 cup shortening | 1 tsp vanilla |
| 1 cup peanut butter | 2 1/4 cup flour |
| 1 cup granulated sugar | 2 tsp baking soda |
| 1 cup packed brown sugar | 1/4 tsp salt |
| 2 eggs | 1 cup chocolate chips |

In mixer bowl, cream together shortening, peanut butter, sugar and brown sugar. Beat in eggs and vanilla. Stir together flour, soda and salt: Stir into peanut butter mixture. Add chips. Put on ungreased cookie sheets. Bake at 350° for 10-12 min. Cool on cookie sheets one min. and remove to wire racks. Make 3 dozen cookies.



Dish Pan Cookies Betty Brown

In large bowl beat:

- 1 2 cups brown sugar
- 1 2 cups oil
- 1 2 cups white sugar
- 2 4 eggs

Stir in:

- 1 2 tsp soda
- 2 4 cups flour
- 1/4 1/2 tsp baking powder
- 1/2 1 tsp salt

Add:

- 3/4 1 1/2 cup quick cooking oatmeal
- 1 2 cup coconut
- 2 4 cup cornflakes
- 1/4 1/2 cup nuts
- 1/4 1/2 cup raisins

Bake at 350° on ungreased sheet for 10-12 min.



Fanny Farmer's Peanut Butter Cookies Virginia Smith

Cream:

1/2 cup margarine

1/2 cup peanut butter

Beat in:

1/2 cup white sugar

1/2 cup packed brown sugar

Stir in:

1 egg 1/2 tsp vanilla

1/2 tsp salt

1/2 tsp soda

1 cup flour

Arrange by teaspoonful on ungreased cookie sheet.

Press flat with fork. Bake 10 min. at 350°

May add 1 cup chopped unsalted peanuts.

7- Layer Cookies

Melba Lewitz

1 stick butter, melted

1 tsp vanilla

1 cup graham cracker crumbs

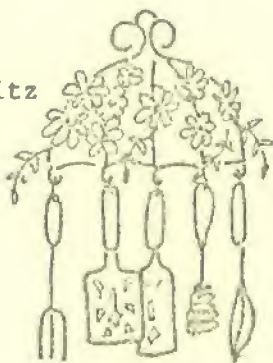
1 cup coconut

1-6oz pkg choc. chips

1-6oz pkg butterscotch chips

1 can sweetened condensed milk

1 cup chopped nuts



Combine butter and vanilla. Pour into 9x13" pan.

Sprinkle crumbs over butter. Sprinkle coconut over

crumbs; sprinkle choc. chips over coconut; sprinkle

butterscotch chips over choc.; spread milk over;

sprinkle nuts over milk. Bake 30 min. in 350° oven.

Cool; refrigerate. Cut into squares.

*Fire goes out for lack of fuel, and
tensions disappear when gossip
stops.*

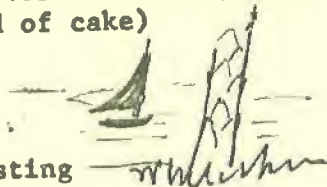
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Broiled Coconut Frosting

2/3 cup melted butter
1 1/3 cup brown sugar
1/2 cup cream or evap. milk
2 cups shredded coconut
1 tsp. vanilla



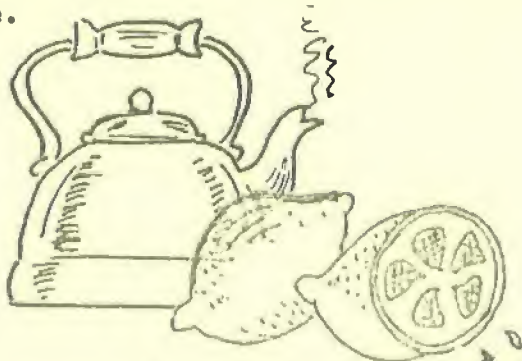
Combine ingredients and spread over warm cake, brown lightly under broiler (any kind of cake)



Easy Economical no-Cook Frosting Fern Schulz

1 egg white, stiffly beaten in small bowl
1 small pkg. any flavor instant pudding
1 cup powdered sugar

Beat until smooth and fluffy. Covers tops and sides of 8 inch cake, but works best on large sheet cake.



*Do you have trouble grating orange and lemon rinds? Put the rinds or whole fruit in the freezer awhile. -- E. Vetsch --
Ursula Davis puts hers on boiling water.*

BLACK BOTTOM CUPCAKES

Wendy Brown

8 oz. cream cheese	1 cup chocolate chips
1 egg	1/4 cup cocoa
1/8 tsp. salt	1/2 tsp. salt
1 1/2 cups flour	1 tsp. soda
1/3 cup sugar	1/3 cup vegetable oil
1 cup sugar	1 tsp. vanilla
1 cup water	chopped blanched almonds
1 Tbs. vinegar	for garnish

Mix together cream cheese, egg, 1/3 cup sugar, 1/8 tsp. salt and beat well. Stir in chocolate chips. Sift together flour, cocoa, 1/2 tsp. salt, 1 cup sugar and soda. Add water, oil vinegar and vanilla. Beat well. Fill muffin tins 3/4 to 2/3 full. On top of each put a heaping tablespoon of cream cheese mixture. Sprinkle lightly with sugar. Add chopped blanched almonds. Bake at 350° for 30 to 35 minutes. Can be made as a bar cookie.

PEANUT BUTTER SURPRISE

Eva Williams

In a cupcake holder, put one medium sized scoop of peanut butter. Add about 19 chocolate chips and add honey or whipped cream. What I would choose to put on it is grape jelly or whatever kind of jelly you have. You can serve these for parties or snacks but be sure to eat with a spoon.

*No one is useless in this world
who lightens the burdens of another.*
— Charles Dickens

GREAT CHOCOLATE CHIP COOKIES
Betty Brown

2 cups butter	2 tsp. baking powder
2 cups brown sugar	5 cups oatmeal
2 cups sugar	(blend till powdered)
4 eggs	24 oz. chocolate bar
2 tsp. vanilla	(broken in pieces)
4 cups flour	8 oz. chocolate chips
1 tsp. salt	3 cups chopped nuts
2 tsp. soda	

Cream butter in large bowl, add sugars and beat well. Blend in eggs and vanilla. Sift together flour, salt, soda and baking powder. Beat in oatmeal and add flour mixture. Stir in broken candy, chips and nuts. Bake 9 to 12 minutes at 375°.

PFEFFERNUSSE
(German Cookies) Betty Brown

2 cups sugar
2 cups honey
2 cups light Karo syrup
1/2 cup shortening
Place in a large bowl and put bowl in hot water.

Mix in:

1 cup sour cream or buttermilk	
2 tsp. anise oil	1 tsp. soda
1 tsp. pepper	1/2 tsp. cloves
1/4 tsp. nutmeg	1/2 tsp. ginger
1/4 tsp. allspice	12 cups flour
1/2 tsp. cinnamon	(yes, 12 cups)

Put in greased bowl and put in refrigerator overnite. Roll in strands. Cut in 1 to 1 1/2" pieces. Bake at 400° for 10 to 12 minutes.

STARLIGHT DOUBLE-DELIGHT CAKE

Kim Peterson

2-3 oz. pkg. cream cheese	1/4 cup shortening
1/2 cup shortening	4 sqrs. melted, unsweet- ened chocolate
1/2 tsp. vanilla	2 cups flour
1/2 tsp. peppermint extract	1 1/2 tsp. soda
6 cups powdered sugar	3 eggs
1/4 cup hot water	3/4 cup milk

All ingredients should be at room temperature. Cream the cream cheese, shortening, vanilla, peppermint until fluffy. Sift sugar and measure. Blend half of sugar into cheese mixture. Add hot water with the rest of the sugar. Blend in melted chocolate. Save 2 cups of mixture for frosting. Sift together flour, soda and salt. Combine 1/4 cup shortening and remaining chocolate mixture. Mix thoroughly. Blend eggs in one at a time, beat one minute. Add milk alternately with dry ingredients to creamed mixture, beginning and ending with dry. Pour into 2 well greased and lightly floured 9 inch layer pans. Bake at 350° for 30 to 35 minutes. Cool and frost with reserved frosting mixture.

CHRISTMAS FRUIT COOKIES

Penny Provost

1 quart light molasses
1/2 cup lard, mix well and add 1 cup sugar. Then add 1/4 cup soda dissolved in 1/8 cup water and 1 cup sweet milk. 8 ounces each of citron, raisins and currents (I use all currents). 1 cup nuts, 1 tsp. salt, 5 tsp. each of cloves, cinnamon and nutmeg. Add enough flour to make dough easy to handle. Try a test cookie before adding too much flour. I believe I use 12 cups of flour. Roll out and bake on cookie sheet at 375°. Frost with powdered sugar icing if desired.

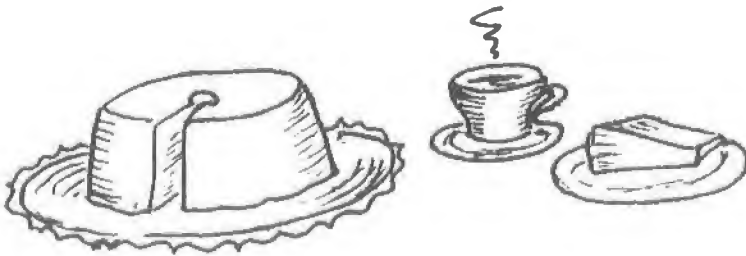
WHITE CAKE

(This is said to be Abraham Lincolns favorite cake)
Betty Brown

3/4 cup butter
1 1/2 cup sugar
2 1/2 cups sifted flour
1 1/2 tsp. baking powder

1 scant cup milk
1 cup chopped nuts
(I like almonds)
1 tsp. vanilla
5 stiffly beaten egg whites

Cream butter and sugar. Sift flour with baking powder. Add flour and milk alternately to sugar mixture. Add nuts and vanilla. Fold in egg whites. Pour into greased angel food pan. Bake at 350° for 35 to 45 minutes. This is nice with a cream cheese icing or just powdered sugar sifted on top.



+

Self-rising flour: 4 cups flour, 2 tsp. salt, 2 Tbs. baking powder. Mix well and store in tightly covered container.

+

When scalding milk, to prevent scorching, first rinse the pan in hot water.

Casseroles and Miscellaneous



Marinated Green Peppers
Alice Sprando

6 green peppers- par boil 5 min.

Cool in ice water and marinade in following:

1/2 cup oil	1 tsp parsley (snipped)
1/4 cup vinegar	1/2 tsp pepper
3 Tbs sugar	1 Tbs salt
1 tsp oregano	2 cloves garlic (crushed)

Will keep for days in refrigerator

Baked Beans
Millie Lerch.

1-30 oz can of pork and beans
1/2 cup catsup
1 tsp mustard
1/2 cup diced bacon
1/4 cup diced onion (if desired)



Stir all items together and put in casserole dish and bake at 350° for 1 hour.

*Today I broke another plate.
It quite delights me now and then,
To think there's one at any rate,
I'll never have to wash again.*



Summer Squash Casserole
Melba Lewitz

2 lb. yellow summer squash or zuchinni sliced (6 cups)
1/4 cup chopped onion
1 can condensed cream of chicken soup
1 cup dairy sour cream
1 cup shredded carrot
1-8 oz herb seasoned stuffing mix
1/2 cup butter or margarine-melted
1/2 cup water to soup mixture.

In saucepan, cook sliced squash and chopped onion in boiling salted water for 5 min. and drain. Combine with 1/2 cup water: soup and sour cream. Stir in shredded carrot. Fold in drained squash and onion. Combine stuffing mix and butter. Spread half of stuffing mixture in bottom of in baking dish. Spoon veg. mixture on top. Sprinkle remaining stuffing over veg. Bake at 350° for 25-30 min. Serves 6

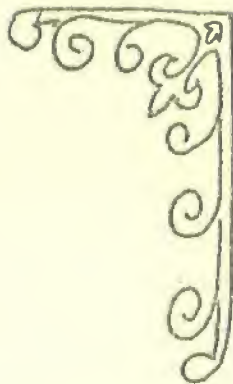
Enchilada Pie
Donnajean Feakin

1 1/2 lb. ground beef	1 pkg tortillas
1 med. onion	1 sm can whole kernel corn
salt to taste	
black and red pepper to taste	1 can chopped olives
dash of garlic powder	American cheese, shredded
1 med. can tomatoes	hot sauce
1 tsp sugar	1/2 cup water

Fry ground beef and onion; add salt, pepper, and garlic powder. Add tomatoes and sugar when meat is browned; simmer on low heat 30 min. Layer tortillas, meat sauce, corn, olives and cheese in 3 layers in 9 inch casserole. Sprinkle top cheese layer with hot sauce; add water when ready to bake; Bake at 300° for 45 min. Yield: 6 servings

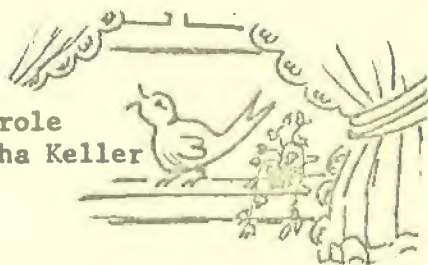
Beef Zuchinni
Ruth Ray

3 med. zuchinni
1/2 cup chopped onion
1 lb. ground beef
1 Tbs butter
1/2 cup bread crumbs or cracker crumbs
1/2 tsp salt
pepper
2 Tbs flour
1 cup milk
2 Tbs butter
1 cup grated sharp cheese
1/2 tsp oregano



wash zuchinni and cut in one inch slices and cook until barely tender, drain. Brown beef in 1 Tbs butter add onions, oregano- make sauce of 2 Tbs flour and 2 Tbs butter and 1 cup milk; add cheese. Put one layer zuchinni in buttered dish, then layer meat and layer of cheese sauce; add another layer of each. Bake at 350° for 30 min.

Breakfast Casserole
Martha Keller



3 eggs per person
for each dozen eggs:
1 can mushroom stems and pieces
3/4 cup milk
1 lb link sausage

1 cup mushroom soup
1 cup grated sharp
cheese

Beat eggs, add milk, soup, salt and pepper and mushrooms Spray pan with pam and place buttered bread face down in pan (cut crusts) Pour eggs over bread; add sausage (after you pre-cook a little) sprinkle cheese over top Bake at 350° for 45 min. or until set like custard. Can be made the night before.

Calico Supper

Margaret Simpson

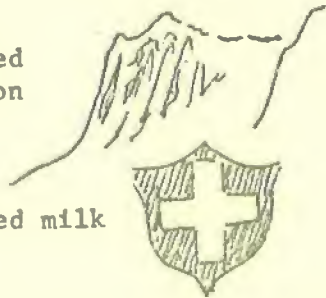
1 1/2 pound ground beef
2 cups cracker crumbs
2 eggs beaten and add 2 Tbs water
Oil
1 big can tomatoes
1 large onion sliced
salt and pepper

Shape meat into patties. Roll in crumbs, then in eggs and again in crumbs. Brown on both sides in small amount of oil. Add onion rings and tomatoes. Cover and simmer 30 to 40 minutes. Then take out and make gravy and put patties back in gravy. Simmer and serve with potatoes.

Swiss Käse Kuchen (cheese-onion pie)

Evelyn Vetsch

1 pie pastry in 10 inch pie pan
2 medium sized onions-thin sliced
1/2 cup minced ham or diced bacon
1 cup grated swiss cheese
1/2 cup grated cheddar cheese
4 eggs beaten
1 cup half and half or evaporated milk
salt and pepper - not much
nutmeg - a sprinkle

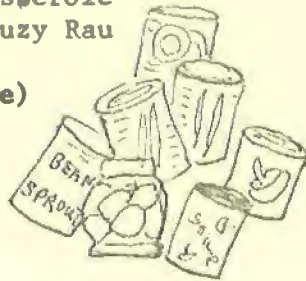


Saute onion slices in butter - don't brown. (If using bacon, fry until about crisp.)

Place ham or bacon and onions in bottom of pie crust (unbaked). Add grated cheeses, mixed. Mix the cream or evaporated milk with beaten eggs and spices. Pour over cheese. Sprinkle a bit of nutmeg on top. Bake in hot oven-about 425°-10 minutes. Lower heat to 350° or 300° until done - about 40 more minutes.

Green Bean Casserole
Suzy Rau

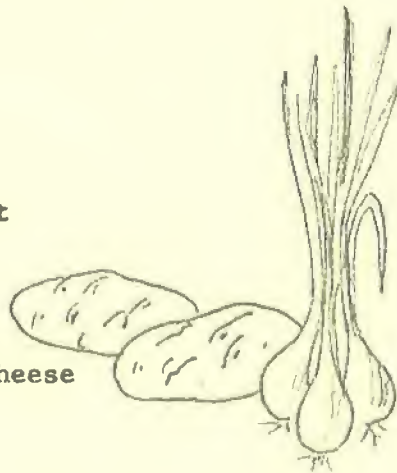
- 2 cans green beans (french style)
- 1 can bean sprouts
- 1 jar water chestnuts
- 1 can mushroom soup
- 1 can fried onion rings
- 1 can mushrooms



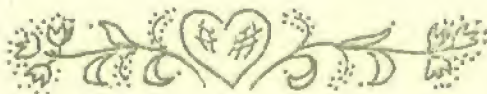
Drain everything really well. Add a little onion, salt and pepper. Mix all together. Top generously with grated cheese and onion rings. Bake 1/2 hour at 350°. This is an expensive casserole, but very good and super easy, Everyone I've ever served it to wants the recipe.

Potato Casserole
Mary Ann Scott

- 6 potatoes
- 1 pint sour cream
- 1 bunch green onions, chopped
- 1 1/2 cups shredded cheddar cheese
- 1 1/2 tsp salt
- 1/4 tsp pepper
- paprika



Cook potatoes in jackets, peel and grate into casserole. Add all ingredients except 1/2 cup cheese; spread remaining 1/2 cup over the top. Cover and let set overnight in refrigerator. Remove three hours before baking and bake at 350° for 1 hour.



Broccoli Casserole

Nancy Wheeler

1/2 cup chopped onion	1/2 cup water
4 Tbs butter	8 oz jar cheese whiz
2 Tbs flour	3 eggs
1 pkg chopped broccoli	

Saute onion in butter. Blend in flour. Add water and cheese whiz and stir well. Add broccoli; fold in well, beaten eggs. Put in casserole. Top with bread crumbs and dot with butter. Bake at 325° for 45-50 min.



Spinach Casserole

Sandy Lerch

2 eggs, well beaten	4 - 10 oz pkg cooked
2 Tbs flour	and well drained spinach
1 pkg dry onion soup mix	2 1/2 Tbs melted butter
1 1/2 cups sour cream	1/2 cup regular bread crumbs

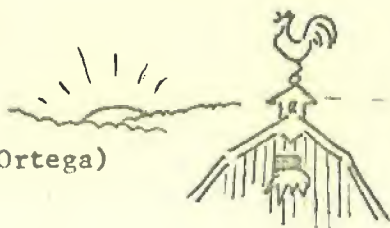
Combine beaten eggs and flour, and mix with onion soup and sour cream. Fold in well drained cooked spinach. Turn out into greased 1 1/2 qt. casserole dish. Combine melted butter and bread crumbs and top spinach casserole. Bake at 350° for 30 min. Serves 10-12 people.



Chicken Tortilla Casserole

Reonne Smith

- 4 whole chicken breasts
- 1 dozen corn tortillas
- 1 can cream chicken soup
- 1 can mushrooms
- 1 can green chili salsa (Ortega)
- 1 can milk
- grated onion
- cheese (12 to 14 ounces)



Cook chicken and debone. Put 2 - 3 tsp chicken juice in bottom of buttered casserole. Mix soup, salsa, milk, onion together. Cut tortillas in 1 inch strips. In casserole layer (1) tortillas (2) chicken (3) sauce, etc. Cover with grated cheese.. Leave in refrigerator 24 hours. Bake covered 300° for 1 hour or until bubbly.

Chicken Divan

Reonne Smith

- 4 cooked boned chicken ~~breasts~~
- 1 tsp lemon juice
- 1 cup shredded cheese
- 2 10 ounce broccoli
- 1 cup mayonnaise (Best Foods)
- 1 tsp curry powder
- 1/2 cup bread crumbs
- 2 can cream of chicken soup



Spread precooked broccoli in casserole. Place chicken on top, combine 1/2 cup milk, soup, mayonnaise, lemon juice, curry powder. Pour on chicken and crumbs on top. Bake at 350° for 25 minutes. Serve over rice.

Cooked rice can be bottom layer in casserole.

Beef or Duck Jerky

Betty Newton

Marinade/Brine

1/3 cup sugar	1/2 tsp onion powder
1/4 cup salt	1/2 tsp pepper
2 cups soy sauce	1/2 tsp garlic powder
1 cup water	1/2 tsp tabasco sauce
1 cup red wine	

Trim fat from meat. Slice meat in very thin slices (we slice each duck breast in about 4 or 5 thin slices) Place the meat in marinade and refrigerate at least 8 hours. Put as much meat as you want in marinade so long as liquid can cover it. Remove from brine and dry with paper towels; place meat on racks and smoke for 12-16 hours. Use 3 pansful of cherry "Chips 'N Chunks" during early stage of the drying and smoking. Brine can be used 2-3 times

Chicken Casserole

Susan Bender

- 2 cups cut up chicken (or turkey)
- 1 can cream of chicken soup
- 1/2 cup mayonnaise
- 1 cup chopped celery
- 1/2 cup chopped onions
- 1 Tbs lemon juice
- 1 cup rice, cooked
- salt and pepper



Put all ingredients in greased 1 1/2 quart casserole dish, one stick butter melted and 20 crushed crackers. Put on top of dish. Bake at 350° for 30 minutes.

*Wisdom is oft-times nearer when
we stoop than when we soar. - Wadsworth*

Hamburger Casserole Dish

Donna Sanford

Place uncooked hamburger in bottom of 9 x 13 baking dish. Add salt, pepper and onion with meat (use 1 1/2 pound meat). Over meat place a layer of frozen peas, corn or beans. Add 1 can of mushroom soup over vegetables. Put layer of frozen tater tots on top. Bake 350° about 1 hour. Do not cover. This and a salad makes a complete meal.

Chicken and Rice Casserole

Eva Fritzler (Rau)

1 2 pound chicken
1 1/2 cups raw rice
1 envelope Lipton's onion soup
1 can cream of celery soup)
1 can cream of chicken soup) Mix together
2 cans water) in pitcher

Pour small amount of soup mixture into a 9 x 12 or large baking dish. Add rice. Rice should be wet. Sprinkle Lipton's onion soup over rice. Lay chicken skin side up on rice. Pour over balance of soup.. With tongs or fork slightly lift each piece of chicken so soup gets under meat. Bake uncovered 1 1/2 hours in 350° oven. Use pork chops for a delightful change. Serves 6.

For best results use Uncle Ben's rice.



Impossible Cheeseburger Pie

Elinor Wiley

1 lb ground beef
 1 1/2 cups chopped onion
 1/2 tsp salt
 1/4 tsp pepper
 1 cup shredded cheddar cheese
 1 1/2 cups milk
 3 eggs



3/4 c. biscuit mix

Heat oven to 400°. Lightly grease 10 inch pie plate. Cook and stir beef and onion until brown-drain. Stir in salt and pepper. Spread beef and onion into pan, sprinkle with cheese. Beat remaining ingredients until smooth (15 sec. in blender or 1 min. with hand beater). Pour into pie plate. Bake until golden brown and knife inserted comes out clean-about 30 min. Garnish with sliced tomatoes and parsley
 6-8 servings

Colorful Zuchinni Casserole

Melba Lewitz

3 cups sliced carrots	1/4 tsp thyme
1 cube veg. bouillon	1 Tbs chopped parsley
1/2 cup water	1/2 tsp pepper
3 cups sliced zuchinni	1 1/2 cups milk
2 eggs	1 1/2 cups bread or
1 tsp seasoning salt	cracker crumbs
	1 cup med. cheddar cheese

Chop carrots. Dissolve bouillon in boiling water. Add carrots, cover and simmer a few min. (10) Add diced zuchinni and simmer a few min. longer. Drain. Add seasonings, beat egg and milk, add crumbs and cheddar cheese. Stir in vegetables. Turn into greased casserole. Bake at 350° for 4 min. Serves 6-8

Chinese Garden

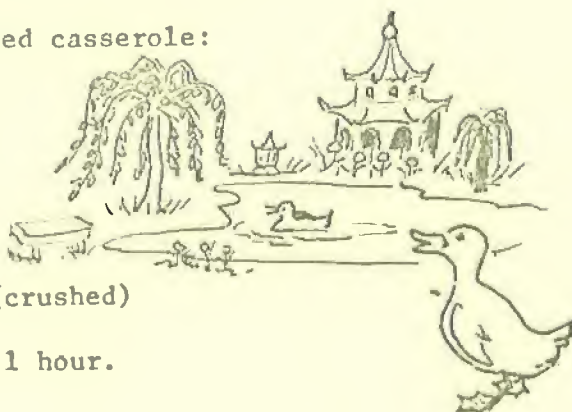
Jane Brunner

Heat: 1 can cream of chicken soup
1 can water
1/4 to 1/2 cup minced onions
1 cup celery
1 can mushrooms or fresh (1 cup)

1 cup turkey or tuna
1/4 pound almonds
1 can chinese noodles
1/2 package crushed potato chips

Layer in greased casserole:

Noodles
cream mixture
turkey
almonds
cream mixture
noodles
potato chips (crushed)



Bake 350° for 1 hour.

Salmon Ball

Reonne Smith

2 cups salmon)	
1 8 ounce cream cheese)	
1 Tbs horseradish)	Mix and Chill
salt and pepper)	
1 Tbs onion powder)	

Roll ball in 1/2 cup walnuts and 2 Tbs parsley.
Serve with wheat thins.

Egg Rolls
Peggy Steiner

Filling: Finely chop 1 pound raw pork, 1 pound shelled raw shrimp and 6-8 green onions. Cook in 1 Tbs of oil for 3 min. Add 1 cup chopped bean sprouts, 1/2 cup finely chopped waterchestnuts, 1 Tbs. grated fresh ginger root and 1 1/2 Tbs. soy sauce. Pre-formed wrappers can be purchased at a local grocery or can be made from the following:
1 1/2 cups unsifted reg. all-purpose flour
1 1/2 cups cold water.
salad oil.

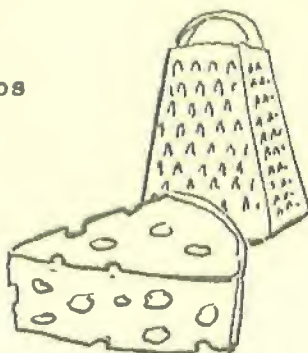
Mix together flour and cold water until smooth. Have a 10" frying pan, some salad oil and a pastry brush at hand. Heat the pan over low heat; it must not get too hot. Lightly grease the pan with a crumbled paper towel dipped in salad oil. Then quickly brush on a layer of the batter, in approximately a 5" square. If holes appear, brush over some more batter, but brush in the opposite direction. Within a half minute or so, the batter will dry into a thin skin. Remove it with a spatula wiped with oil and place on waxed paper. To make rolls, arrange 1 Tbs. of the filling in a sausage shape along one side of skin. Fold over ends of skin and roll. Paste the roll together with a little water on the flour batter. If skins are so dry you can't roll them easily, brush a little warm water over the edges. Fry in hot deep fat (370°) until skin is crisp, bubbly, and brown; about 8-10 min. Cut each roll in 3 or 4 pieces and serve as an appetizer.

*Wisdom and good judgment live
together*

Prov. 8:11

Reuben Roll
Sue Parker

- 1 1/2 cup caraway rye bread crumbs
- 1 1/2 lb ground beef,
- 1 egg
- 1/2 cup chopped onion
- 1/4 cup sweet pickle relish
- 1/4 cup creamy russian dressing
- 1 Tbs worchestershire sauce
- 1 1/2 tsp salt
- 1/4 tsp pepper
- 1 can (14 oz) sauerkraut, drained
- 1 1/2 cup grated swiss cheese



Mix first 9 ingredients together. Spread out on 6x14 waxed paper. Spread with sauerkraut and then cheese. Roll up; bake in shallow baking dish at 350° for 45 min.

All-In-One Casserole

- 1 lb. ground beef, raw
- 1 can french style green beans
- 1 can cream of mushroom soup
- 1 box tater tots

Layer in casserole dish as listed and bake at 350° for 1 hour.

Thank you God for dirty dishes,
They have a tale to tell,
While other folks go hungry
We're eating very well.

Lasagne Roll-Ups

Rose Esty

Let stand 10 minutes before serving.

Meat sause:

1 1/2 pounds ground beef
1/3 cup salad oil
1/3 cup finely chopped onion
1 1/2 cloves garlic, minced
2 tsp pepper
2 whole cloves
1/2 dried bay leaf
3 (1 pound 1 1/4 ounce) cans plum tomatoes
(sieved)
2 cans (6 ounces) tomato paste
1 1/4 cup water
1 tsp crushed dried oregano
1/4 tsp monosodium glutamate
2 tsp sugar

Filling:

2 pounds Ricotta cheese	4 Tbs grated parmesan cheese
1/4 tsp salt	1 Tbs chopped parsley
1/8 tsp pepper	1 (1 pound pkg) lasagne
1/2 tsp nutmeg	noodles
1/4 pound Mozzarella cheese (shredded)	

Partially brown ground beef in oil. Add onions garlic, salt, pepper, cloves and bay leaf. Continue to brown over medium heat 10 minutes til browned. Stir in remaining ingredients for sause. Let come to a boil, then simmer gently, loosely covered, for 1 hour, stir occasionally. Whip Ricotta cheese, add salt, pepper, nutmeg, Mozzarella cheese, grated cheese and parsley.

Lasagne Roll-Ups (Con't)

Rose Esty

Cook lasagne noodles according to package directions. Rinse with cold water; drain well. Lay noodles on clean dish towels. On each noodle spread $\frac{1}{4}$ cup filling. Fold over 1 inch and continue to fold, making slightly flat roll. Place 1 cup meat sauce in each of 2 (2 quart) rectangular baking dishes. Place roll-ups seam down in baking dish. Add $\frac{1}{3}$ cup hot water to each dish and meat sauce to almost cover.

Bake 35 minutes at 350° , till it bubbles.
Serve with hot meat sauce and grated cheese

Sweet Potato Pecan Casserole

5 large sweet potatoes, cooked and mashed (2 cups)
1 cup milk
 $\frac{3}{4}$ cup brown sugar
4 slightly beaten eggs
 $\frac{1}{3}$ cup butter
 $\frac{1}{3}$ cup broken pecans
1 tsp cinnamon
 $\frac{1}{4}$ tsp mace
 $\frac{1}{4}$ tsp salt

Mix well, pour into greased 2 quart casserole.
Bake at 425° for 15 minutes. Turn oven to 375° and bake 30 minutes more, or until firm.

Makes 6 - 8 servings

Baked Chicken and Rice

June Parker

Pam spray 9 x 13 dish.

1 cup rice in bottom
1 package onion soup mix
1 can cream of mushroom soup
1 can water, pour over top

Season with Lemon Pepper, salt and pepper, chives and paprika.

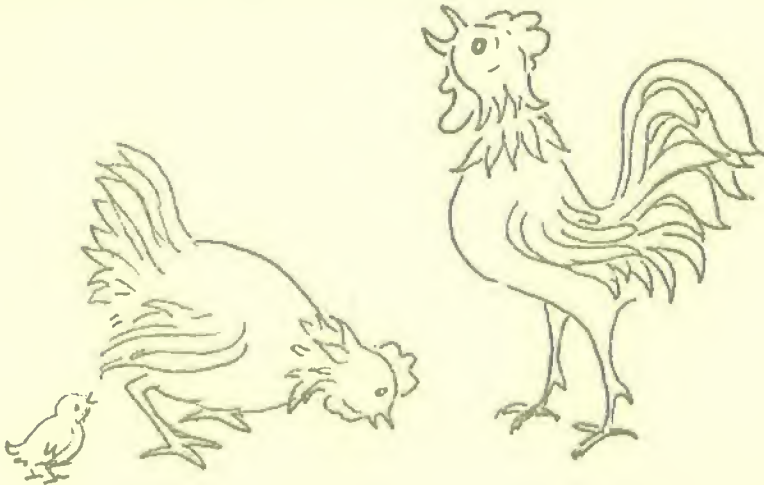
Put chicken pieces on top. Bake 1 hour covered, 1/2 hour uncovered at 350°.

Microwave Oriental Chicken

Maydel Cashdollar

In large pyrex skillet (10 inch) melt 6 Tbs butter, 3 tsp worchestershire sauce and 6 Tbs soy sauce. Cover with wax paper and heat in oven for 3 minutes.

Cut up chicken and turn in sauce. Cook 9 minutes skin side down. Turn and cook 9 more minutes. If needed turn and cook a few more minutes.



Quick and Easy Tuna Curry

Leonard Yoon

- 1 large onion
- 1 small can tuna
- 1/2 can tomato soup
- 1 Tbs curry powder

Saute' onion in small amount of oil. Add remaining ingredients.

Saute' onion in a skillet in a small amount of oil. Add remaining ingredients and simmer for 15 minutes. Serve over rice.

Chicken-filled Shells

Melba Lewitz

- 2 cups cubed cooked chicken
- 1 cup cooked peas
- 1/2 cup mayonnaise
- 1/3 cup finely chopped onion



- 1 package (12 ounce) Jumbo shells, cooked and drained
- 1 can (10 3/4 ounce) condensed Cream of Mushroom soup.
- 1/2 cup water

Mix and stuff in shells. Arrange in single layer in baking dish. Stir water in soup. Pour over shells. Cover with foil. Bake at 325° for 25 minutes.

*Good friends are sunshine
on a rainy day.*

Jamaican Meat-Stuffed Pumpkin
Peggy Steiner

1 sm. whole pumpkin or hubbard squash (8-10" diam)
Boiling salted water
2 Tbs salad oil
1 green pepper, finely chopped
2 lb. ground chuck
6 oz. ground smoked ham (or finely chopped)
2 1/2 cups finely chopped onion
2 1/2 tsp salt
2 tsp olive oil
2 tsp oregano
1 tsp vinegar
1 tsp ground black pepper
2 large cloves of garlic, mashed
dash of crushed dried red pepper
3/4 cup raisins
1/3 cup pimiento-stuffed green olives, chopped
1 can (8 oz) tomato sauce
3 eggs, beaten

With a sharp knife, cut a circular top (about 5" in diam.) out of the pumpkin. Save this top for the lid. Scoop out seeds, scrape inside of pumpkin clean. Place pumpkin in a large pan and cover with salted water and cover pan. Bring to boil, then simmer until pumpkin meat is almost tender, when pierced with a fork, about 20 min. (the pumpkin should still be firm enough to hold its shape well) Carefully remove pumpkin from hot water, drain well and dry the outside. Sprinkle inside with a little salt. Heat salad oil in a large frying pan. Add beef, ham, onions and green pepper. Cook over high heat, stirring just until the meat is browned and crumbly. Remove meat from heat. Mix together salt, olive oil oregano, vinegar black pepper, red pepper and garlic. Add to meat along with raisins, olives and tomato sauce. Mix well. Cover pan and cook over low heat for 15 min., stirring occasionally. Remove from heat and allow to cool slightly, then mix in the eggs thoroughly. Fill cooked pumpkin with the meat stuffing, pressing the stuffing slightly to pack it firmly. Cover loosely with the pumpkin lid. Place in a shallow

Jamaican Meat-Stuffed Pumpkin - Con't

greased baking pan and bake in a moderate oven (350°) for 1 hour. Allow to cool for 10-15 min. before serving. At serving time, carefully lift filled pumpkin (support the bottom with a wide spatula) to a serving plate or carving board. Garnish with clean fall leaves or flowers, if desired. To serve, slice pumpkin from top to bottom in fat wedges. Lift each serving onto a dinner plate and spoon more of the meat filling over the top. Makes 8 servings.

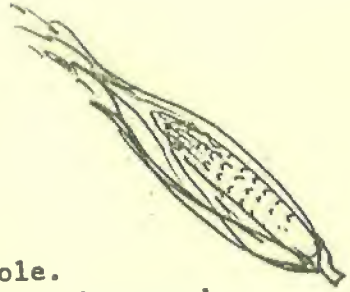
Dilled Shrimp and Cheese Rolls Peggy Steiner

1 1/2 pounds med. raw shrimp
3/4 cup cubed tybo, gruyere or samsoe cheese
1/4 cup sliced green onions, including part of tops
1/2 tsp dill weed
3/4 tsp salt
1/3 cup mayonnaise
1 1/2 tsp white vinegar
6 sesame seed sandwich rolls, split and buttered
stuffed olives for garnish

Cook, shell and devein shrimp; Chop coarsely, re-serving 6 whole shrimp for garnish. Stir together cheese, onion, dill, salt, mayonnaise and vinegar until shrimp is well coated. Spread rolls with shrimp mixture and wrap individually in foil. Bake in a moderate oven (350°) for about 20 min. or until cheese begins to melt. Unwrap and serve garnished with olives and reserved shrimp on wooden picks.

Corn Casserole

- 4 ounce bag potato chips, crushed
- 2 12 ounce cans whole kernel corn
- 1/4 tsp pepper
- 1 can cream of celery soup



Save some chips for top of casserole. Alternate layers of chips and corn in buttered 1 quart casserole. Season with pepper. Pour soup over all. Top with crushed chips. Bake at 350° for 30 minutes.

Makes 6 servings.

Homemade Jerky

Donna Jean Feakin

- 4 to 8 pounds lean venison, elk or beef
- 1/2 ounce tabasco sauce
- 1 3 ounce bottle liquid smoke
- 2/3 cup sugar cure salt
- 1 gallon water
- Coarse ground pepper to taste



Slice meat 1/4 inch thick. Combine tabasco sauce, liquid smoke and salt in water. Marinate meat strips at least 18 hours, stirring meat every few hours. Remove meat pieces from liquid and dry excess from meat. Line oven bottom with heavy duty aluminum foil and turn oven to about 150°. Arrange pieces of meat on oven racks and begin 24-hour procedure to dry meat. Sprinkle with pepper thoroughly on both sides. Meat should be turned about every 10 hours. May be frozen if desired.

Nature is the art of God.
Dante

Stir-N-Roll Pizza

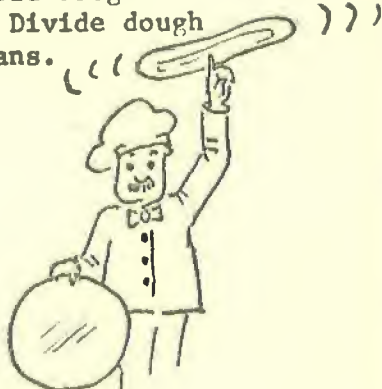
Martha Lerch

2 cups flour
2 tsp baking powder
1 tsp salt
2/3 cup milk
1/4 cup salad oil

Measure flour, baking powder, salt, milk and salad oil into bowl. Stir vigorously until mixture leaves side of bowl. Gather dough together and press into ball. Knead dough in bowl 10 times to make smooth. Divide dough in half. Roll out into 2 pizza pans.

Pizza topping:

1/2 cup grated parmesan cheese
1 8 ounce can tomato sauce
1 Tbs chopped onion
1/2 tsp salt
1/2 tsp oregano
1/4 tsp pepper



Combine and spread over the 2 crusts. Then sprinkle with 1/2 pound of shredded Mozzarella cheese, choice of meat, olives and mushrooms. Bake in 425° oven for 15 to 20 minutes until golden

Better a little with reverence for
God, than great treasure and
trouble with it.

Prov. 15:16

Honest -to - Goodness French Crepes

Carol Povey's Floating Kitchen
Off the Coast of Sauvie Island

No. of Crepes

<u>18</u>	<u>28</u>
1	1 1/2
1/4	1/4
3	4 large
1	1 1/2
2	3
1/4	1/4

Cups of Flour
Tsp Salt
Eggs
Cups Milk
Tbs Melted butter or oil
Cup Clarified butter or
oil for frying



6 or 7 inch crepe pan

Sift the flour into a bowl. Make a well in the center and add salt and eggs. Add a little milk and stir, gently drawing in the flour to make a smooth batter. (Caution: Do not beat the batter or it becomes elastic and the crepes will be tough.) Stir in the melted butter or oil with half the remaining milk. Cover at this point and let the batter stand 1 - 2 hours. It will thicken slightly as the grains of starch in the flour expand. The batter can be kept up to 24 hours in the refrigerator. Just before cooking, stir in enough of the remaining milk to make your batter the consistency of thin cream. If frying crepes in butter, brush or rub the crepe pan with butter and heat until very hot (a drop of batter will sizzle at once) If using oil, add all the oil to the pan, heat also until very hot, then pour out all the oil into a heatproof cup. Add 2-3 Tbs batter to the hot pan, turning it quickly so the bottom is evenly coated. Cook over a fairly high heat until browned, then toss the crepe or turn with a spatula. Cook other side for 10 sec. to brown and turn onto a plate. Cook the remaining crepes in the same way, greasing the pan only when crepes start to stick. As the crepes are cooked, pile them one on top of another to keep the bottom ones moist and warm. Crepes can be made ahead, layered with wax paper and stored in a plastic bag. They can be kept in the refrigerator for up to 3 days or 2-3 months in the freezer. Roll up with fresh Sauvie Island strawberries, crushed with sugar and topped with cream. Also try crab, shrimp, chicken or whatever.

Sweetened Condensed Milk
Melba Lewitz

1/2 cup cold water
1 1/4 cup powdered milk

Heat 1 or 2 min. until steaming
Add 3/4 cup sugar and stir until cool
Equals 14 oz can Eagle Brand Milk)

Easy Pie Crust

2 cups sifted flour
3/4 tsp salt
1/2 cup oil
1/4 cup milk



Roll between layers of waxed paper. Makes
2 crust 9" pie.

Stuffed Mushrooms

Linda Raynor

20 - 30 medium mushrooms

Trim stems and dig out some center. Put
caps in well buttered baking dish. Chop
some stems finely.

Saute' 1/2 onion (chopped) in 4 Tbs butter.
Add stems to onions. Cook 5 minutes. Stir
in 1 Tbs flour , 1/2 cup crab, 2 Tbs. sherry,
1 Tbsp finely chopped parsley. Salt and
pepper to taste.

Stuff caps with mixture and sprinkle with
corn flake crumbs. Dot with butter. Bake at
350° for 20 minutes. May be prepared ahead
and baked at last minute.

Granola

Virginia Smith

1 1/2 cup rolled oats	1/2 cup brown sugar
1/2 cup wheat germ	1/2 cup sliced almonds
1/2 cup sesame seeds	1/4 cup sunflower oil
1 1/2 cup sunflower seeds	1 tsp vanilla
1 1/2 cups coconut	1/4 tsp cinnamon
1/2 cup powdered milk	1/4 tsp nutmeg

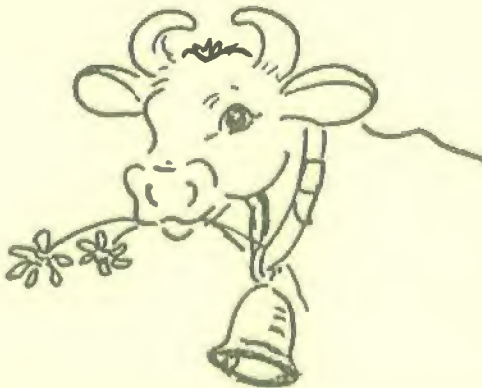
Mix with hands. Bake at 300° in shallow pans for 20-30, until slightly toasted, stirring every 10 min.

Cream Cheese

Melba Lewitz

1 qt. cottage cheese (very dry)
2/3 qt. sour cream
1 1/2 tsp soda
1/2 cup butter
2 tsp salt
1 Tbs butter coloring

Mix cheese with soda and butter, thoroughly. Let stand 2-3 hours. Heat slowly in double boiler, add sour cream. Stir. Stir even if stringy. Add salt when mix starts to thicken. Add coloring.



Cheese Puffs

1 jar Kraft Old English Cheese
1/2 cube butter or margarine
3/4 cup flour

Have butter and cheese at room temp. Mix with fork. Add flour; Chill for several hours. Roll in balls and bake for 15 min. at 375° or until golden. Keep off heating unit or the bottoms will burn.

Tuna Pâté Maydel Cashdollar

1-6 oz can tuna (drained)
1-8 oz pkg creamed cheese (softened)
1/4 cup minced onion
1 tsp worchestershire sauce
salt
parsley
finely chopped walnuts or almonds



Combine until tuna is well flaked, then roll in nuts. Serve on snack crackers.

Dill Pickles Mary Trupp

1 cup salt	1 qt vinegar
1 cup sugar	1 gallon water

Mix salt, sugar, vinegar and water together. Pack cukes in quart jars adding 3 cloves of garlic, dill and pepper. Add juice and seal. Put in hot bath until they turn yellow. (about 20 min.)

Dill Pickles
Olive Erikson

Lay cukes in ice water overnight. In the morning pack tight in jar and fill holes with 2 heads of dill, 1 or 2 buttons of garlic, 1/4 tsp whole pepper (8 per qt) and 1 bay leaf.

3 qt water
1 qt vinegar (cider)
1 cup non-iodized salt



Boil together and pour over pickles. Seal with hot lids and tighten jars. You can judge the amount of dill and garlic wanted. When brine is clear, 6-8 weeks, they can be used. Put in a dark place.

Orange Julius
Susan Bender

1/3 cup frozen orange juice concentrate
1/2 cup milk
1/2 cup water
1/4 cup sugar
5 or 6 ice cubes
1/2 tsp vanilla

Combine all ingredients in the blender and blend until smooth. (30 sec). Makes 3 cups.

With home and health and happiness,
We shouldn't make a fuss,
For by this stack of evidence,
God is very good to us.

Easy Sweet Pickles

Martha Lerch

Slice cukes in jar and add:

- 1 clove garlic
- 2 small pieces of celery
- dill

Make a solution of:

- 2 cups water
- 2 cups vinegar
- 4 cups sugar
- 1/4 cup salt

Boil this together and pour over cukes in jar and seal.

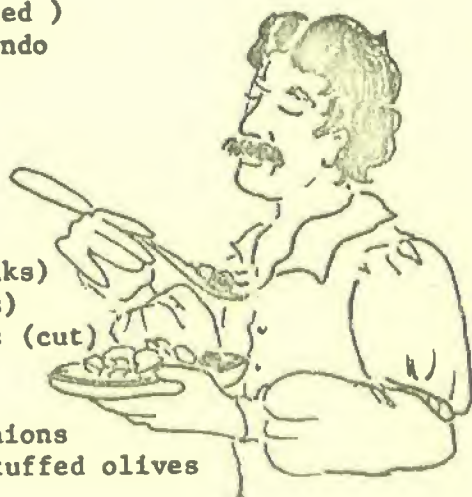


Anti-Pasto (canned)

Alice Sprando

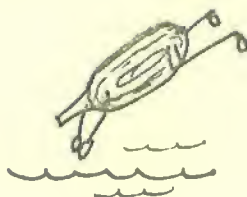
- 2 bottles catsup
- 1 bottle cocktail sauce
- 3 cans light tuna
- 1 can hot sauce
- 2 heads cauliflower
- 1 bunch carrots (cut in chunks)
- 1 bunch celery (cut in pieces)
- 2 pt. whole small green beans (cut)
- 2 cans artichoke hearts
- 6 cans whole mushrooms
- 2 lbs. pickled small whole onions
- 1 can each black and green stuffed olives
- 5 cans anchovies
- 1 bottle capers

Boil cauliflower, carrots and celery in 2 parts water to 1 part vinegar for 12 min. Drain. Mix all other ingredients except tuna, anchovies and 'chokes. Blend well. Place tuna, chokes and anchovies in 1/2 pt. jar alternately with above mixture, along with liquid. Seal and process 10 min in pressure cooker at 5 lb. pressure or 15 min. in water bath. Takes a bit of doing, but is well worth the effort.



Clam Dip
Suzy Rau

2 pkg softened cream cheese
2 cans minced clams- using liquid
1/2 cup finely chopped black olives
2 Tbs finely chopped onions
1 tsp worchestershire sauce
salt, pepper and garlic to taste.



Mix together and serve with chips, etc.

Hot Shrimp Fondue
Fern Schulz

1 can broken shrimp
1 can shrimp soup
1 cup sour cream
1-8 oz cream cheese

Serve with crackers or small biscuits as hors d'oeuvres

Lord
Fill my
Mouth with
Worthwhile stuff,
And
Close
it when
I've said enough

Shrimp ball
Linda Raynor

large pkg cream cheese
1/2 lb. shrimp
1 to 2 tsp seasoning salt
celery- cut fine for crunch

Mix and form ball. Pour cocktail sauce over and marinate in refrigerator for 2 hours.

Great Granola
Sue Parker

8 cups regular rolled oats	2 cups raw broken sun-
1 cup wheat germ	flower seeds
2 cups flaked coconut	1 1/4 cups water
1 cup chopped almonds	1 1/2 cup honey
1 cup brown sugar	2 tsp cinnamon
1 cup oil	1 Tbs vanilla

Mix oats, wheat germ, coconut, almonds, brown sugar and sunflower seeds in a large bowl until all are thoroughly blended. Heat water oil, honey, cinnamon and vanilla over medium heat just to a boil, but do not boil. Pour liquid over dry ingredients mixing until well coated. Place 1/3 of mixture on a rimmed cookie sheet or pan. Bake at 300o about 20-30 min., stirring several times. Cool, store in covered container. Will keep several months. For variation add any dried fruit after baking. I also add sesame seeds and cashews before baking.

Gentle words cause life and health.

Prov. 15:4

Basil Pesto

Judy Nylin

This is an uncooked seasoning that is good on fresh pasta, a baked potato, rice or minestrone soup.

I grow basil plants in large tubs on the deck close to the kitchen. As the leaves mature I pick them and make a batch of pesto. I freeze it in ice cube trays and once frozen store the cubes in a large plastic container ready to use. I make pesto in a blender or you can also use a mortar and pestle.

- 3 cups fresh basil leaves
- 4 large cloves garlic
- 1/2 cup walnuts or pine nuts
- 1 1/2 cup thinly grated parmesan cheese
- 1 1/2 cups olive oil.

Coarsely chop the nuts and set aside in a mixing bowl. Put oil, basil and garlic in the blender and chop until well mixed. Add this to the nuts and stir in parmesan cheese. Spoon into ice cube trays and freeze for future use.

Pesto and Fresh Pasta with Chicken

Slice an onion, green and red peppers, mushrooms and a tomato or two. Skin and cut into strips breast or thigh pieces of chicken.

In a large frying pan, saute the onion in a little olive oil, add the chicken and cook a few minutes until half done. Add the other vegetables and continue stir frying until done.

Add a little white wine and one cube pesto per person. Mix well to thaw pesto.

Serve over fresh pasta. Sprinkle parmesan on top.

Crab Ring

Beverley Westlund

- 1 8 oz pkg cream cheese
- 1 cup miracle whip
- 1 cup finely sliced celery
- 3 green onions, finely chopped
- 1 6 1/2 oz can crab
- 1 can cream of mushroom soup
- 1 pkg unflavored gelatin



Heat soup (undiluted) and let cool; dissolve gelatin in 2-3 tablespoons cold water and add to soup. Blend cooled soup mixture with other ingredients and pour into a ring mold.

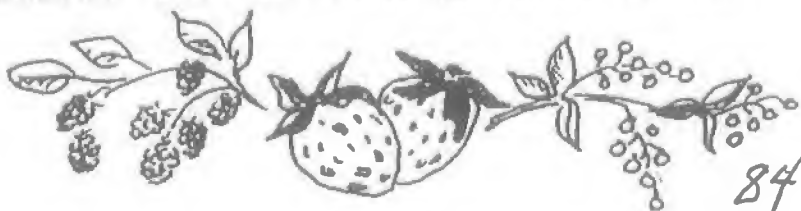
Serve with Wheat Thins or Triscuits.

Instant Berry Jam

Martha Lerch

- 1 1/2 cups whole berries
(strawberries, raspberries, blueberries, blackberries
or boysenberries) (thawed if frozen)
- 3/4 cup sugar
- 2 teaspoon lemon juice
- 1/4 teaspoon butter

Crush berries. You should have 1 cup crushed berries. In 3 quart casserole, stir berries, sugar, lemon juice and butter. Cook uncovered in microwave for 8 minutes stirring every 2 minutes until it reaches desired thickness. Store in covered jar in refrigerator.



Appetizer Tortilla Pinwheels

Linda Brown

Yield: about 50 pinwheels

Filling:

- 1 8 oz dairy sour cream
- 1 8 oz package cream cheese, softened
- 1 4 oz can diced green chilies, well drained
- 1 4 oz can chopped black olives, well drained
- 1 cup grated cheddar cheese
- 1/2 cup chopped green onion
- Garlic powder to taste
- Seasoned salt to taste

5 - 10 inch flour tortillas

Fresh parsley for garnish

Salsa

Mix all of the filling ingredients together thoroughly. Divide the filling and spread evenly over the tortillas; roll up tortillas. Cover tightly with plastic wrap, twisting ends; refrigerate for several hours. Unwrap; cut in slices 1/2 inch to 3/4 inch thick. (An electric knife works best.) Discard ends. Lay pinwheels flat on glass serving plate; garnish with parsley. Leave space in center of plate for small bowl of salsa if desired.

Appetizer Smoked Salmon Spread

Dona Iluson

- 1 15 oz can salmon
- 1 teaspoon liquid smoke
- 1 teaspoon lemon juice
- 1 teaspoon chopped onion
- 1/2 teaspoon fresh dill
- Dash each of worcestershire, tabasco, salt and pepper
- Mayonnaise to bind

Combine ingredients well and chill.

Keeps very well (but never have leftovers!)

Pocket Bread with Lentil Salad
Janice McGargar

Makes 12 pockets:

Into large mixing bowl place:

1 cup whole wheat flour

1 cup white flour

1 1/2 teaspoon sugar

1 1/2 teaspoon salt

1 pkg dry yeast (scant tablespoon)

2 tablespoon oil

Pour over and mix in well:

1 3/4 cup very warm water (120-130 degrees F)

Continue mixing in white flour until kneadable. Knead well 10 minutes. Cover and keep warm 20 minutes. Punch dough down, shape 12 smooth balls. Cover and let rest 30 minutes. Heat oven to 500 degrees F. Roll or pat dough into flat circles. Place directly on oven rack 3 or 4 at a time. Bake 2 to 3 minutes. Remove and cool on cake rack.

Stuff with lentil salad:

Cook 2 cups cleaned lentils in 4 cups water. When cooked (30-45 minutes) drain to remove any excess liquid. Then season with lots of garlic, lemon juice, salt and pepper. Also add green onion and/or celery and/or green pepper and/or tomatoes - whatever sounds good and is available.

Also good with slices of gouda cheese or drained, salted yogurt, or garbongo beans cooked, mashed and mixed with garlic and lemon.



Recall it as often as you wish, ~

a happy memory never wears out.

Mick's Calico Beans
LaVonne Sturgill

- $\frac{1}{2}$ lb. bulk pork sausage
- 1 large can baked beans
- 1 large can kidney beans (drained)
- 1 large can lima beans (drained)
- 2 medium sized apples, peeled and sliced thin
- 4 small onions (sliced)
- 3 cloves garlic (crushed)
- 2 cans tomatoe sauce (8 oz. size)
- $\frac{1}{2}$ cup brown sugar
- 1 sp. chili powder

Fry sausage until light brown, drain fat, mix with all remaining ingredients. Spoon into large casserole or bean pot (covered) Place in 350° pre-heated oven for approximately 1 $\frac{1}{2}$ hours.

Serves 10-12

Parmesan Zucchini Sticks
LaVonne Sturgill

Scrub small zucchini, cut length wise into thick sticks. Dip into beaten egg and a mixture of equal parts seasoned bread crumbs and parmesan cheese. Heat oil about $\frac{1}{2}$ " deep in skillet, brown the strips very quickly, so they are crusty without and crisp within. Serve hot, with salt if desired.

*Perfection may never be reached~
~ but its worth reaching for.*

Desserts and Candy



Go often to the home of
thy friend ---
As weeds soon choke
an unused path.

Recipe Saver
Hilda Butler Farr

I clip them from the magazine
And from the newspapers too,
I gather them from the neighbors, friends ...
And this is nothing new.
I take them down from radio
And file them all away,
From TV cooking schools I find new dishes day by day.
What fancy menus do I plan from all the recipes;
Oh I'll bake this and I'll cook that ...
The family will I please
And yet somehow I find myself repeating, so it seems
The same old meals I've done for years
The rest are in my dreams.

Party Dessert
Martha Keller

12 oz. pkg. chocolate chips	Optional: More
2 T. sugar	whipped cream
3 eggs, separated and beaten	for the top!
1 pint whipping cream, whipped	
1 medium size angel cake	

Melt chocolate chips and sugar in top of double boiler. When soft and melted stir in the well beaten egg yolks. Cool 5 minutes. Fold in the stiffly beaten egg whites. Be sure it is cool, then fold in the whipped cream.
Break the angel cake into bite size pieces. Spread $\frac{1}{2}$ of the cake pieces in a buttered 10 x 15 inch pan. Spoon $\frac{1}{2}$ of the chocolate mixture over the cake. Add another layer of cake pieces and the balance of the chocolate mixture. Chill.
Serve with more whipped cream on top.
Serves 12 to 15.

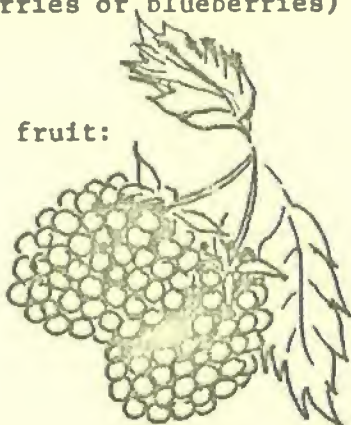
Blackberry Pudding
Jane Hartline

A good way to use your Sauvie Island Blackberries
Fresh or Frozen!

Toss together and put in bottom of baking dish:
4 cups blackberries (or raspberries or blueberries)
1/4 cup sugar
1 tsp lemon juice

Mix together and sprinkle over fruit:
1/4 cup sugar
1/3 cup flour
3/4 cup oatmeal
1/4 cup butter

Bake at 375° for 30 min.



Chocolate Frangos
Cherie Sprando

1 cup soft butter
2 cups powdered sugar
4 sq. unsweetened chocolate, melted
4 eggs
3/4 tsp peppermint flavoring
2 tsp vanilla
3/4 cup chocolate wafer crumbs mixed with 1 Tbs butter

Using mixer, beat butter and sugar until light and fluffy. Add melted chocolate and continue beating; add eggs, one at a time and flavoring. Sprinkle crumb mixture into bottom of 12 to 18 cupcake liners. Spoon chocolate mixture over crumbs; freeze. Just before serving, remove liners (just peel off) Serve with whipped cream.

Rhubarb- Strawberry Dessert
Maxine Bergeron

4 cups rhubarb (cut in 1" pieces)
1 cup sugar
1-3oz box of strawberry jello
1/2 pkg (2 cups white or yellow) cake mix
1/3 cup margarine or butter, melted
1 cup water
cream or ice cream-optional

Alternate layer of first 4 ingredients and water
in 9x13 pan. Drizzle melted butter over top.
Bake at 350° about 1 hour. Serve warm with
cream or ice cream.

G.G.'s Orange Custard
Dessert or Salad

Nancy Wheeler

Mix: 1/2-3/4 cup sugar
2 Tbs flour
dash salt
Add: 3/4 cup orange juice) HEATED
2 Tbs lemon juice)
Add slowly: 2 egg yolks
1 Tbs butter
rind of 1 orange
Cook over double boiler until thick - Cool
Fold in: 2 egg whites (beaten stiff)
Fold in: 1/2 pt. (1 cup) Whipping Cream (whipped)
Fruit: 1 quart jar royal ann cherries
2 cups pineapple chunks
2 cups min. marshmallows
2 cups mandarin oranges
1/2 cup blanched almonds
Fold: Dressing over fruit
Serves 12

STRAWBERRY PIZZA

Maydel Cashdollar

Mix: 1 cup flour
1/4 cup powdered sugar
1 cube margarine

Press into medium pizza pan. Bake 15 minutes at 325°. Cool.

Cream together: 1 8-ounce cream cheese
1/2 tsp vanilla
1/2 cup sugar

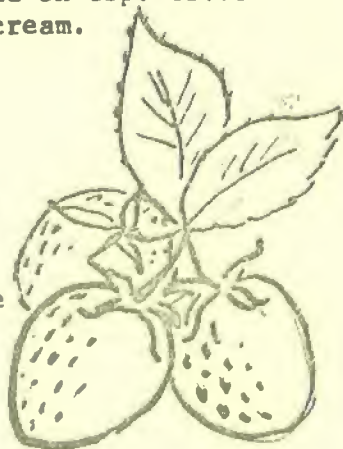
Beat until fluffy. Spread over crust.

In saucepan put: 1 cup mashed strawberries
4 Tbs sugar
1 Tbs cornstarch

Cook until clear. Cool. Spread on top. Cover with strawberries and whipped cream.

Recipe For Living

Take 2 heaping cups of Patience
1 heart full of Love
2 hands full of Generosity
a dash of Laughter
1 head full of Understanding
2 cups of Loyalty



Sprinkle generously with Kindness, add plenty of Faith and mix well. Spread over a period of a lifetime and serve everybody you meet.

BLACKBERRY DUMPLINGS

If you are lucky enough to find a patch of the early wild blackberries (some call them Mountain berries), you might try this recipe which has always been a favorite with my family.

4 cups Mountain blackberries, sweetened to taste and slightly thickened (combine $\frac{2}{3}$ to 1 cup of sugar with 3 Tbs flour and sprinkle over berries and stir gently until they are well blended. Heat in oven while mixing batter.)

1 egg	$\frac{1}{4}$ cup sugar
$\frac{1}{4}$ cup milk	2 Tbs cooking oil
$\frac{1}{4}$ tsp salt	1 cup flour
1 rounding tsp baking powder	

Beat egg, add sugar and milk, cooking oil and salt. Add flour and baking powder. Drop on blackberries and bake about 30 minutes in 350° oven. Serve warm. (Makes about 9 dumplings)

YUMMY

Millie Lerch

$\frac{1}{2}$ cup brown sugar	1 cup butter
$1\frac{1}{2}$ cup flour	1 cup walnuts

Mix and bake at 325° for 20 minutes.

1 8-ounce cream cheese	$\frac{1}{2}$ cup sugar
1 pkg whipped Dream Whip	1 tsp vanilla

Mix cream cheese, sugar, and vanilla. Then add dream whip to cheese mix and put on cooled crust. Then cover with fruit topping, which is made like a pie filling.

APPLE PIE CAKE

Francelia Hugo

5 large apples 1/2 cup sugar
1 tsp lemon juice

Thinly slice apples into well-greased 9-inch pie pan. Sprinkle with lemon juice and sugar.

Topping: 1/4 cup butter 1/2 tsp baking powder
 1 egg 1/8 tsp salt
 1/2 cup flour 3/4 cup sugar

Cream butter and sugar, add egg and mix together. Sift flour, baking powder, and salt and stir into creamed mixture (this will be real thick). Spread over fruit (drop with spoon and spread with knife). Bake at 350° for 45 minutes.

YUMMY PEARS

Alice Sprando

2 cups water 2 tsp vanilla
1 1/2 cups sugar 1/4 tsp salt



Heat sugar mixture to boiling. Add 6 fresh pears peeled and left whole with stem on and simmer gently for 15 minutes. Remove from heat and cool in syrup.

1 cup strawberry jam 1 Tbs lemon juice
3 Tbs maraschino cherry juice
Sour Cream

Heat jelly or jam with lemon juice and cherry juice until smooth and cool. When ready to serve, place each pear in stemware or glass dish. Drizzle the jam sauce over pears. Add a dollop of sour cream. Yummy!!!!

KRINGLE

Sue Parker

June Parker

Linda Raynor

1st Part: 1 Tbs water
1 cup flour
1/2 cup butter

Mix. Pat or roll into 2-inch strips. Place on cookie sheets. (Linda just spreads entire amount on cookie sheet)

2nd Part: 1 cup water
1/2 cup butter

Heat to boiling and remove. Add 1 cup flour all at once and stir. Cool slightly. Beat in 3 eggs one at a time. Add 1 tsp almond or other flavoring. Spread on finished part. Bake at 350° 55 minutes.

Icing: 1 Tbs cream
1 Tbs butter

Heat. Remove from heat; add 1 cup powdered sugar. Stir, spread on Kringle. Cool. Cut in serving pieces. (Linda puts almond flavoring in icing and tops with nuts)

EASY COBBLER

Mary Hollabaugh

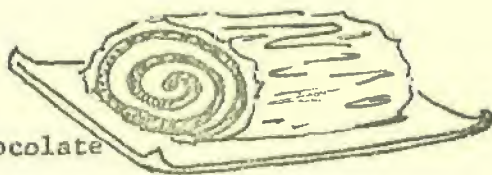
In 9x13x2-inch pan melt 3/4 cube of butter or margarine.

In bowl mix: 1 cup flour
1 cup sugar (or 7 pkgs artificial sweetener)
1 cup milk
3 tsp baking powder

Pour mixture into pan. Over mixture pour 4 cups sweetened fruit (drained) Bake at 375° 30-40 minutes.

Chocolate Roll
Nancy Wheeler

1/2 cup sifted flour
1/2 tsp baking powder
1/4 tsp salt
4 eggs - 3/4 cup sugar
1 tsp vanilla
2 squares unsweetened chocolate
2 Tbs sugar
1/4 tsp soda
3 Tbs cold water



Sift together flour, baking powder and salt. Beat eggs and sugar in deep bowl until thick. Add flour, stirring well. Add vanilla. Melt chocolate over hot water. Remove. Add sugar, soda and cold water. Stir until thick. Fold into batter. Turn into 15"x 10" to 14"x17" pan lined with waxed paper to 1/2" of edge and greased. Bake 15 min. at 375°. Turn cake onto cloth. Cool. Spread with 1 pt. sweetened whipped cream and roll up. Frost with favorite chocolate frosting.

Chocolate Delight - *see pg 6 fill Pastry*
Nancy Brown

9x13 dish and bake at 375° for 10 min.

1 cup flour
1/2 cup butter or soft margarine
1/2 cup chopped nuts

Mix the above and press into dish. Lightly brown in oven (10 min). Set to cool

Next mix 8 oz pkg cream cheese and 1 cup powdered sugar. Spread over crust.

Next mix a box of chocolate fudge pudding with 3 cups of milk (instant pudding) Pour over cream cheese topping. This will set quickly after placing in refrigerator. After pudding has set, top with whipping cream or cool whip and sprinkle with chopped nuts.

SPICE TORTE

Edna Graf

Mix until crumbly: 4 cups flour
1 cup butter or margarine
1 1/2 cups white sugar

Add: 1 egg 1 tsp cinnamon
1/4 tsp cloves 1 cup nuts
salt
1 lemon-juice and rind

Add 1/2 cup milk or enough to make a stiff dough, that is workable and holds together.

Pat 3/4 of dough into a 9 x 12 pan (greased)
Spread with jam. (I prefer yellow jam of some kind) Take rest of dough, roll, cut in strips, and make lattice over top. Bake at 350° about an hour. Cut in bars.

MAPLE BARS

Betty Newton

1 cup milk, scalded 1/2 cup sugar
1/2 cup shortening 2 tsp salt

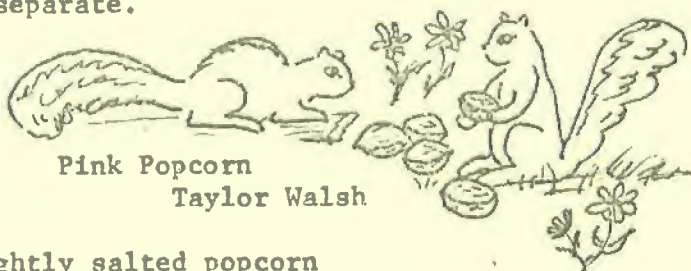
In large mixing bowl combine above ingredients until shortening melts. In another bowl sprinkle 2 packages yeast into 1/4 cup warm water and add 1 tsp sugar. Stir until dissolved. To milk mixture add 2 beaten eggs and the yeast mixture. Gradually add 4 1/2 cups flour. Turn out dough on floured surface and knead until smooth. Put in greased bowl and let rise till doubled. Punch down. On floured surface, roll dough in rectangle and cut to desired size. (I use a pizza cutter) Let rise. Deep fat fry at 375° raised side down first. Turn once. Frost with powdered sugar frosting flavored with mapleine.

Sugared Nuts

Gladys Wheeler

1 cup brown sugar (firmly packed)
1/2 cup white sugar
1/2 cup sour cream

Combine and mix well over warm heat; It will be smooth and creamy. After a few minutes, turn to medium heat. Cook only to soft boil stage (cold water test). It won't take but a few min. Add 1 tsp vanilla and 2 cups walnuts. Pour on waxed paper and separate.



Pink Popcorn

Taylor Walsh

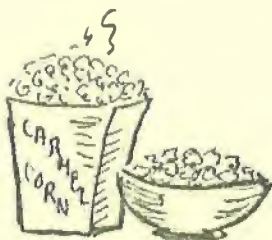
5 cups slightly salted popcorn
1/2 cup granulated sugar
1/2 cup water
red food coloring
1 1/2 Tbs confectioner's sugar

Put popcorn into very large bowl. In 1 qt saucepan, combine granulated sugar and water. (if using candy thermometer, set in place) Stir over low heat until sugar is dissolved; then cook gently to 238° , or until a little mixture in cold water forms a ball. Remove from heat; then, with a little red food coloring, tint delicate pink. Pour over popcorn; stir until well coated. Sprinkle confectioner's sugar, stirring until syrup "sugar". Turn onto waxed paper; separate grains.



Carmel Corn

2 cups brown sugar
1/2 cup white syrup
2 cubes butter
1 tsp salt



Boil 5 min., stir in 1/2 tsp soda, 1 tsp butter flavor
Pour over 3 quarts of popped corn. Bake 1 hour at
250°, stirring every 15 min. Stir as it cools.
Stores well in plastic bag or tupperware.

Marashino Cherries Betty Newton

6 cups very firm, light colored cherries
5 cups sugar and 1 cup water
2 Tbs (1 ounce) red food coloring
1 tsp almond flavoring



Pit cherries and cover with a solution of 2 Tbs salt
and 1 tsp alum to each quart of water necessary to
cover cherries. Soak overnight in alum solution.
Drain and wash very thoroughly and carefully to
remove salt. Bring sugar and water to boil. Add
cherries and bring just to boiling point. Do not
allow to actually boil. Take from heat. Add red
food coloring and flavoring. Mix well and return
to heat. Bring just to boil again. Take from heat
and let stand overnight. Next morning, bring just
to boil, but don't allow to boil. Seal immediately
in hot sterilized jars.



JUNIE'S PEANUT BRITTLE

June Parker

1 1/2 cup sugar 1/2 cup water
1/2 cup Karo syrup (light)

Cook to 270°. Add 1 cup fresh Spanish salted peanuts. Cook to 310°. Remove from heat and add:

1 Tbs butter 1 1/2 tsp soda
1 tsp vanilla

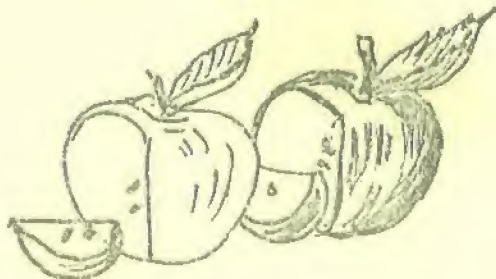
Pour into buttered cookie sheet and spread thin with back of spoon. Cool and break into pieces.

APLETS

*Good 5/80
64*

Virginia Smith

Soak two envelopes of Knox gelatin in 1/2 cup hot applesauce for ten minutes. Meanwhile, put 3/4 cup hot applesauce and 2 cups white sugar in pan and bring to boil. Add gelatin mixture and boil fifteen minutes, stirring constantly. Remove and add 1 tsp vanilla and 1/2 cup coarsely chopped walnuts. Pour in greased pan, let stand for 24 hours at room temperature. Cut in squares; roll in powdered sugar. Store in dry place and let age for a few days.



PENUCHE

Linda Wheeler

Combine in saucepan--2 cups brown sugar (packed)
1 cup sugar
1 cup cream or whipping cream
2 Tbs light corn syrup
1/4 tsp salt

Stir over medium heat to dissolve sugar. Cook to 234° or until a little dropped in cold water forms a soft ball. Stir occasionally. Remove from heat. Add 2 Tbs butter. Let stand without stirring until bottom of pan is lukewarm. Add 1 tsp vanilla and beat until creamy. Mix in 1/2 cup chopped nuts. Pour into greased 8-inch or 9-inch square pan. Cut into squares. This makes 36 (1 1/2-inch) pieces.

PEANUT BUTTER FUDGE

Alice Sprando

10 large marshmallows	1 tsp vanilla
2 cups sugar	1/4 pound butter
1 small can evaporated milk	1/2 cup peanuts
3/4 cup peanut butter (crunchy)	

Put marshmallows, sugar and milk over medium heat. Stir constantly until boiling. Boil exactly six minutes. Remove from heat and pour over rest of ingredients which are in a bowl. Beat until creamy. Pour into greased pan. Cut in squares when cool. About 65 pieces and "500 calories per piece".

HONEYED SESAME CANDY

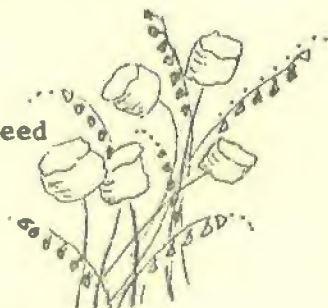
Virginia Smith

Combine 2 cups sesame seeds and 1/2 cup unsalted peanuts. If not already roasted, spread in thin layer on cookie sheet and toast in 350° oven for about 15 minutes, stirring occasionally.

In 10 to 12 inch skillet, combine 1/2 cup each honey and firmly-packed brown sugar. Boil over medium heat for two minutes, stirring constantly. Remove from heat and immediately add seeds and nuts. Mix well. Turn into buttered 9 x 13-inch baking dish. With buttered fingers, press candy flat. Cool at room temperature about 15 minutes. Remove from pan with large spatula. Use long knife to cut candy into 1 x 2-inch pieces. In about two hours, wrap individually in clear plastic film. Store at room temperature.

FUDGE

Joy Reed



3/4 cup canned milk
2 cups sugar
10 cut up marshmallows

Bring to boil and cook over low heat. Boil six minutes, stirring constantly. Pour hot mixture over

12 ounce package milk chocolate chips
1 cube butter

Beat two minutes with mixer. Add 1 cup chopped nuts. Pour into greased 9 x 9-inch pan.

CHOCOLATE ALMOND TOFFEE

Linda Raynor

1 pound butter
2 1/2 cups sugar
8 ounces semi-sweet chocolate
8 ounces sweet German chocolate
1/2 cup slivered almonds, coarsely chopped
1 cup slivered almonds, finely chopped

Lightly butter jelly roll pan and set aside.
Combine butter and sugar in 4-quart saucepan.
Cook over medium heat. Stir with wooden spoon
until mixture starts to boil. Cover and cook
for three minutes. Remove lid and continue to
cook until mixture reaches 290°. Add coarsely
chopped almonds and pour into pan immediately.
Cool about 30 minutes. Meantime, put chocolate
in top of double boiler and melt over hot water
(not boiling). Stir until smooth. Spread half
over toffee and sprinkle with half finely chopped
nuts. Press nuts in. Refrigerate until set,
then invert on foil and repeat with chocolate and
nuts. When set, break into pieces.

FRUIT LOOPS

M. Givens

1 1/2 cups Fruit Loops Cereal
1 1/2 cups marshmallows
1/2 cup candied cherries
1/2 cup nutmeats
1 pound almond bark.

Melt bark over hot water. Then mix together.
Drop on waxpaper.

MICROWAVE PEANUT BRITTLE

Maydel Cashdollar

In 4 cup Pyrex measuring cup put - 1 cup sugar
1/2 cup white syrup

Stir with wooden spoon (leave in while cooking).
Cook on full power 4 minutes. Add 1 cup salted
roasted peanuts and cook full power 3 to 5 minutes
(until lightly brown), remove, and add 1 tsp
vanilla and 1 Tbs butter. Cook full power 30
seconds to 1 minute, remove and stir in 1 tsp
soda. Pour on well-greased cookie sheet. Let
cook and then break in pieces.

FUDGE

Linda Raynor

4 1/2 cups sugar
1 large can evaporated milk

1/8 tsp salt
2 Tbs butter

Combine above and stir constantly. Bring to
boil and boil 6 minutes.

Add: 1 large jar marshmallow cream
12-ounce package chocolate chips
4 squares unsweetened chocolate
2 cups nuts

Mix and turn into two greased 8-inch square pans
or greased 9 x 13-inch pan.

*"Through the lips
and to the hips!!"*

Almond Roca
Maydel Cashdollar

1 lb. butter
2 cups sugar
8 Hershey bars
3/4 cup chopped walnuts

Combine butter and sugar in large, heavy pan. Stir and heat until mixture reaches 300°, careful to heat slowly at first and don't get too hot or it will burn. Pour mixture into greased 9x13 pan which has had chopped nuts sprinkled on. Put chocolate bars on top of mixture. Spread with knife and sprinkle with nuts. Cool and cut.

Peter Pans
Linda Wheeler

1 pkg (6 oz) chocolate chips
1 pkg (6 oz) butterscotch chips
1/2 cup margarine
3/4 cup peanut butter
2 cups miniature marshmallows
6 oz peanuts



Put chips, margarine and peanut butter into 8x12 glass baking dish. Microwave 2-3 min. until everything is melted. (or may be melted in double boiler on range) Stir well, cool, then add marshmallows and peanuts, refrigerate. When firm, cut into small squares. Makes 48 or more pieces.

Layered Orange Gelatin Fluff
Frances Reeder

2 pkgs (3 oz) orange jello
2 cups boiling water

1 can cold water
1 can (6 oz) frozen orange juice concentrate
thawed

4 tablespoons fresh lemon juice
1/2 teaspoon vanilla
Whipped cream or whipped topping

Dissolve jello in boiling water. Add cold water to range concentrate to make 2 cups. Stir into gelatin mixture. Stir in lemon juice and vanilla. Chill until thick as unbeaten egg whites. Spoon out 1 1/2 cup into large mixer bowl and set aside. Spoon remaining gelatin into serving dish with about 6 cup capacity. Chill. Whip gelatin in mixer bowl at high speed until light, fluffy and almost double in volume - about 10 minutes. Pour over gelatin in serving dish - chill until set.

Cranberry Sherbet
Barbara A. Wilson

1 pound cranberries
2 1/2 cup water
2 cup sugar
4 tablespoon lemon juice

Set aside:

1 tablespoon plain gelatine dissolved in 1/2 cup cold water.

Cook cranberries in water until berries stop popping. Strain, add sugar and heat until dissolved. Add gelatine. Cool, stir in lemon juice. Pour into shallow pans. Freeze, stir occasionally after partially frozen.

Top with whipped cream and/or mix with above and freeze.

Delicious Blueberry Dessert
Martha Lerch

Melt, mix and cool:
24 large marshmallows
1/2 cup milk

7 1/2 x 11 1/2 Pyrex Pan
Crust:
20 graham crackers - crushed
1/4 cup melted butter
Press into pan and chill



Filling:
Whip 1 cup whipping cream and add to marshmallow mix.
Pour 1/2 of this mixture over crumbs. Refrigerate until set.

Pour 1 can Blueberry filling (or make your own) over the marshmallow mixture.

Pour the remaining half over the blueberry filling.
Refrigerate.

Easy Apple Crisp (10-12 people)
Toni Marie Williams

6-10 clean sliced apples (any kind work)

1 cup margarine
1 teaspoon cinnamon
1 cup brown sugar
1 cup flour

Mix with fork till crumbly and sprinkle over apples in ungreased rectangular baking pan.
Bake at 350 degrees for 1/2 hour

Serve warm with a scoop of vanilla ice cream.

Lemon Dessert
Shirley Larson

1 1/2 cup flour
2/3 cup pecans or walnuts
3/4 cup margarine or butter
Combine and press in a 9x13 pan. Bake at 325 degrees
about 15 minutes. Do not brown. Cool

8 oz cream cheese
1 cup powdered sugar
1/2 large cool whip or dream whip with 1/2 cup milk
Beat until smooth and spread on cool crust

2 1/2 cup milk
2 small pkgs instant lemon pudding
For better flavor add 1 to 2 tablespoon fresh lemon
juice after mixture thickens.

Combine and pour over cheese layer. Let set well.
Spread the rest of the cool whip on top or whipping
cream. Sprinkle with chopped nuts.

*Kind words never
wear out the tongue.*

*To share with a friend
is to see twice the beauty.*

+

Warm citrus fruits in the microwave on high for 30 seconds
for more juice and flavor.

Meats

*Poultry &
Fish*



Veal Cutlet Parmigiana

Charlotte Brown

Veal cutlets

Flour

Eggs, beaten (1 egg for every 2 or 3 cutlets)

Fine bread crumbs

olive oil

butter, melted

slices of Parmesan or Romano cheese

Cut veal into 3 x 5 inches. Pound them thin. Dip cutlets into flour, then into egg, and then press into bread crumbs, coating both sides. Do this twice. Place olive oil and butter in skillet and heat. Add cutlets and saute' on each side about 6 minutes. Pour layer of sauce on bottom of casserole. Lay cutlet on top and spoon a little more sauce over them. Place sliced cheese on top of each cutlet and sprinkle lightly with salt and pepper. Spoon more sauce over all, covering meat entirely. Sprinkle top with grated cheese. Bake 20 minutes. Serve immediately.

Sauce for Veal Cutlet Parmigiana

Cook 1/2 cup chopped onion

3 cloves garlic (mashed) in 2 or 3 Tbs olive oil

Add: 1/2 pound fresh mushrooms (sliced, saute' with onions and garlic.

Add: 2 large cans solid pack tomatoes and juice (chopped)

1 - 12 ounce can tomato paste

1 can tomato sauce

1/2 cup red wine

1 tsp parsley 1 tsp basil

1 Tbs oregano

1 Tbs Italian seasoning

Simmer sauce about 4 hours.



Meat Loaf with Celery

Margaret Stevens

1 pound ground round	1/4 cup chopped parsley
1 tsp salt	1 egg, lightly beaten
1/2 tsp freshly ground blackpepper	2 Tbs butter
2 slices bread made into crumbs	3/4 cup finely chopped onion
1/8 tsp chopped fresh or dried thyme	1/2 cup finely chopped celery
	4 slices bacon

1. Preheat oven to 350°
2. Place meat in a mixing bowl and add salt, pepper, bread crumbs, thyme, parsley and one egg.
3. Meanwhile, melt the butter in a saucepan and add the onion and celery. Simmer gently, stirring occasionally, until onion is wilted. Cool slightly and add to meat mixture. Mix all together with the hands. Shape the mixture into an oval loaf.
4. Rub an ovenproof pan or skillet with butter and place meat loaf in center. Cover with bacon slices and bake for 1 to 1 1/4 hours. Let the loaf rest in warm place for 20 minutes, then slice and serve.

Quiche Lorraine

Mary Hollabaugh

9 inch pie crust - unbaked
1/2 pound bacon, fried and crumbled
1 cup swiss cheese, shredded (4 ounces)
1/3 cup minced onion
4 eggs
2 cup light cream (or 1 cup cream and
1 cup milk)
3/4 tsp salt 1/4 tsp sugar
1/8 tsp cayenne red pepper

Quiche Lorraine continued

Sprinkle bacon, cheese and onion alternately into pastry shell.

Combine eggs, cream (milk) and seasoning and pour into shell.

Bake 15 minutes at 425° then reduce heat to 300° and bake another 30 minutes until knife inserted comes out clean. Let stand 10 minutes before cutting.

Salmon Pie

Nancy Bragg

3 eggs
1 cup milk
1 pound canned salmon
1/2 cup chopped mushrooms
1/4 cup chopped celery
salt, pepper, little dill weed, ripe olives
grated cheese



Beat above ingredients together. Pour into pie shell. Put on top crust. Bake at 425° for 15 minutes then reduce heat to 350° for 30 minutes.

Japanese Chicken

Marge Bechtol

Flour 2 1/2 pounds cut up chicken. Meaty pieces, breast and thighs

2 Tbs red wine	4 Tbs butter
1 tsp ginger	1/2 cup soy sauce
1/2 cup water	1/4 cup brown sugar
1 can crushed pineapple	

Brown chicken at 375°. Mix other ingredients. Pour over chicken and simmer 50 minutes at 200°. Serve with rice.

Skillet Chops and Rice

Diana Dotson

4 large chops
salt and pepper
2 Tbs Wesson Oil
1 medium onion, chopped
1/2 cup sliced celery
2 cups water
2 Tbs sugar
1 1/2 tsp salt
1 tsp dry mustard
2 (8 ounce) cans tomato sauce
1 cup uncooked rice
1 (10 ounce) package frozen peas, thawed

Sprinkle chops with salt and pepper. Brown both sides in hot Wesson oil in large skillet. Remove chops in same skillet, saute onions and celery until golden. Add water, sugar, seasonings and 1 can tomato sauce. Bring to boil. Stir in rice. Place chops in rice mixture. Cover tightly and simmer 30 minutes or until chops are almost done. Add peas and pour on remaining can of tomato sauce. Replace cover and cook 15 minutes longer.

Spicy Pickled Prawns

Peggy Steiner

Mix and bring to a boil:

2 cups of cider vinegar
1/2 - 3/4 cup of rock salt
4 - 5 cups of water
3 - 4 ounces of mixed pickling spice
(wrapped and tied in cheese cloth)

Now taste and adjust as you like.

Add from 2 - 5 pounds of medium size prawns and boil 10 minutes in the shells. Chill 2 hours to 2 days in brine. Improve with age.

Sweet and Sour Meatballs

Betty Brown

- 2 pounds ground beef
- 1 1/2 tsp poultry seasoning
- 2 eggs beaten
- 2 Tbs cornstarch
- 1 tsp salt
- 1 tsp lemon pepper
- 1/2 cup chopped onion
- 1/2 tsp sugar

Mix well. Form about 36 balls. Saute' till lightly brown. Drain off all fat.

Sauce:

- 1 15 ounce can pineapple chunks (drain)
- 2 tsp soy sauce
- 3 Tbs vinegar
- 2 Tbs water
- 3/4 cup sugar
- 3 Tbs cornstarch
- 1 large green pepper (cut in 1 inch squares)

Combine pineapple juice, soy sauce, vinegar and water, sugar and cornstarch. Cook over medium heat until mixture thickens. Add meatballs, pineapple chunks and green pepper. Simmer on low heat for about 5 minutes. Serve over rice.

*Ability to give wise advice
satisfies like a good meal.*

Prov. 18:20

Quick Hamburger Hash

Peggy Steiner

Soy sauce gives this dish fresh, zesty flavor

3 Tbs bacon fat or salad oil
1 pound ground chuck
1/2 medium sized onion, chopped
1/4 tsp salt
dash of pepper
1/4 cup soy sauce
2 cups shredded raw potatoes

Heat fat in a large frying pan. Crumble in the ground meat; add onions, and brown until onions are golden. Stir in salt, pepper and soy sauce. Mound potatoes over meat, cover pan. Turn heat to medium low and cook for 20 - 25 minutes, stirring occasionally from the bottom.

You can serve the hash at this point. The potatoes will be done, but not crisp. If you prefer crisp potatoes, remove the cover after 20 minutes of cooking and continue to cook, stirring until the potatoes brown slightly on all sides. 4 servings.

Spareribs

Ethel Hall

1 1/2 pounds spareribs
salt and pepper
1 onion
1/4 cup tomato juice or water

Brown over low heat in a heavy skillet or baking pan. Turn to brown evenly. Add water or tomato juice and sliced onion. Cover, bake in moderate oven 1 1/2 hours. Add a little more water if necessary to keep ribs moist but brown. Serve with applesauce or other sweet sour fruit.

Goulash

Teri DeSylvia

(Good made with wild meat)

- 2 pounds beef chuck (cubed)
- 2 pounds onions (sliced)
- 2 tsp salt
- 2 Tbs paprika
- 2 tsp caraway seed
- 1/8 tsp pepper
- 1 bay leaf



Brown meat on all sides. Add rest of ingredients (no water) Simmer 2 1/2 hours. Serve with noodles.

Real Hungarian Goulash

Jacky Cummings

- 3 pounds boneless beef chuck or
- 3 1/2 pounds bone-in chuck
- 3 pounds large onions, cut in chunks
(about 7 cups)
- 1 Tbs salt
- 1/2 tsp pepper
- 2 Tbs paprika

Cut meat into 1 inch cubes. Discard bone and fat. Put meat, onions, salt, pepper and paprika in large heavy kettle. Cook over medium heat for about 20 minutes, stirring often. Cover and simmer for 2 hours, stirring occasionally. Uncover and simmer until liquid cooks down to gravy consistency. Garnish with parsley and serve on noodles with generous dollop of sour cream. Sprinkle with paprika. 6 servings.

Stuffed Cabbage Rolls

Virginia Smith

12 large cabbage leaves	1 egg
1 1/4 lb. ground beef	1/2 tsp thyme
2 tsp salt	2-8 oz cans tomato
1/2 tsp pepper	sauce
1 cup cooked rice	1 Tbs brown sugar
1 small onion, chopped	1 Tbs lemon juice

Pour boiling water over cabbage leaves and cover with lid until wilted. Trim thic base of leaves to make thinner. Combine next 7 ingredients. Divide equally between leaves. Roll up, tucking edges of leaves in. Fasten rolls with toothpicks or skewers. Spread rolls in single layer in pan such as electric skillet. Pour remaining ingredients over rolls and simmer 1 hour, basting occasionally.

Ham-Broccoli Bake

Nancy Wheeler

4 eggs
1 cup buttermilk
2-4 cups cubed ham
1/2+ salt
1 lb. (2 cups) small-curd creamed cottage cheese
2-10 oz pkg broccoli, thawed and well-drained
(or 1 1/2-2 lb. fresh broccoli, trimmed and blanched in boiling water, drained and chopped)
1/2 cup chopped onion
1 medium tomato, thinly sliced (or 1/2 cup sliced cherry tomatoes)
1/2 cup (4oz) shredded mozzarella cheese

Beat eggs and buttermilk in large bowl. Add ham, salt, cottage, broccoli and onion; stir to blend. Turn into two well-greased pie plates or quiche dishes or into one 9x13 baking dish. Bake at 350° for 35 min. Top with sliced tomatoes and cheese; continue baking 10 min.

5 Hour Beef Stew
Alice Sprando

2 lb. beef cubed	1/2 tsp pepper
5 carrots cut in chunks	4 potatoes (chunks)
5 stalks celery cut on bias	4 cups water
3 large onions sliced	1/2 cup cooking sherry
1 green pepper	1 pkg frozen peas
2 bay leaves	
1 Tbs salt	

Do not brown beef. It will brown beautifully while cooking. Put all ingredients in large pot, except peas and bake at 300° for 5 hours-covered. Add peas a few minutes before the 5 hours is up. Top with herb dumplings if desired.

Herb Dumplings
Alice Sprando

1 1/2 cup flour	3/4 cup milk
2 Tbs baking powder	1 tsp parsley
1/2 tsp salt	1 tsp onion flakes
2 Tbs shortening (cut in)	1/2 tsp thyme

Mix all together and drop on top of stew. Cook uncovered 10 min. and then covered 10 min.

*A dry crust eaten in peace is
better than steak every day
along with argument and
strife.*

Prov. 17:1

Korean Barbeque

Leonard Yoon

Marinate 2 pounds of VERY thinly sliced round or flank steak overnight in the following mixture:

- 3/4 cup soy sauce
- 1/4 cup oil
- 2 Tbs sugar
- 2 Tbs roasted sesame seed (optional)
- 6 cloves garlic
- 1 tsp crushed red pepper
- 1/2 tsp black pepper
- 2 green onions, chopped

Barbeque over charcoal or broil in the oven.

Hamburger Puffs

Kathy Anderson

- 1 large onion chopped
- 1 Tbs butter or oil for frying
- 4 large slices of bread
- 1 cup milk
- 2 eggs beaten
- 1/2 green pepper, chopped fine
- 1 tsp salt
- 1/4 tsp pepper
- 1 pound ground beef

Saute onions in butter until lightly browned. Crumble bread into milk and let stand until milk is absorbed. Add onion and remaining ingredients to bread and milk. Mix well and press patties into greased muffin tins. Makes 8 - 9 meat puffs. Allow to set for 15 minutes. Bake in hot oven - 400° for 25 to 30 minutes. Place muffin tin on cookie sheet. Serve with prepared gravies or with catsup.

*Mac Macintosh
June 1998*

*10/10/98
12/10/98
3/10/98*

*New Paris
pg 1098*

"On the Wing" Appetizers

Florence Lyons

1/2 tsp salt	1/2 tsp ground ginger
1/4 cup soy sauce	1 Tbs lemon juice
1/4 cup spiced peach syrup	5 drops tabasco
2 Tbs sugar	1 large clove garlic
1/3 tsp monosodium glutamate	(minced)

30 chicken wing drums

Cut wings into 3 pieces. Brush generously with marinade made from above ingredients. Combine. Roast in rack over foil in 350° oven for 1 hour. Baste and turn frequently. Cool before serving.

Chicken Parmesan

Nancy Brown

1 chicken cut in pieces
2/3 cup corn flake crumbs
1/2 cup grated Parmesan cheese
1 cup butter
salt and pepper

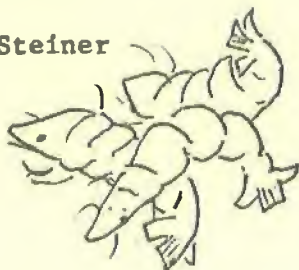
Wash and dry chicken pieces. Mix corn flake crumbs and cheese. Melt butter. Dip chicken pieces in melted butter and roll in crumb mixture. Put in large flat baking dish. Season with salt and pepper. Cover with foil and bake at 375° for 45 minutes. Remove foil and bake 15 more minutes.



French Fried Shrimp

Peggy Steiner

- 1 cup sifted all-purpose flour
- 1/2 tsp sugar
- 1/2 tsp salt
- 1 slightly beaten egg
- 1 cup ice water
- 2 Tbs salad oil
- 2 pounds fresh or frozen shrimp in shells



Combine ingredients except shrimp. Beat smooth. Shell shrimp. Leave last section of tail intact. Dry shrimp well. Dip into batter. Fry in deep hot fat (375°) til golden. Drain

This is also excellent batter for all vegetables and other fish that fries firm, especially with tempura sauce.

Mock Chow Mein

- 1 pound ground beef
- 2 cups diced celery
- 1 cup diced onion

Brown the above and add:

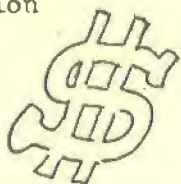
- 1 can cream of celery soup
- 2 cups hot water
- 1 cup uncooked rice
- 1/4 cup soy sauce
- a little pepper - no salt - enough in soy sauce



Place in baking dish and bake 1 hour at 350°

Dollarwise Skillet

1 pound ground beef	6 cups chopped cabbage
1 cup cooked rice	1/2 cup green pepper
1 can (1 pound) kidney beans	strips
1/4 cup chopped onion	1/8 tsp paprika
1 egg	1 can (10 3/4 ounce)
2 Tbs milk	cheddar cheese soup
3/4 tsp salt	3/4 cup milk
1/8 tsp pepper	
2 Tbs margarine	



Combine meat, rice, beans, onions, eggs, milk and seasonings in a large dish. Mix well and shape mixture into 12 balls.

Melt margarine in large skillet. Add meatballs. Brown evenly on all sides. Add cabbage, green pepper and paprika. Cover and simmer for 15 minutes. Serve over meatballs.

Salmon Patties

1 can pink salmon (15-16 ounce)
1 egg
1/3 cup minced onion
1/2 cup flour
1 1/2 tsp baking powder
1 1/2 cups Crisco

Drain salmon. Set aside 2 Tbs of the juice. In a medium bowl mix salmon, egg, and onion until sticky. Stir in flour, add baking powder to salmon juice. Stir into salmon mixture. Form into small patties and fry until golden brown (about 5 minutes) in hot Crisco. Serve with tartar sauce or Caesar salad dressing.

Meatballs over Mashed Potatoes
Jackie Matthews

1 lb. hamburger
2 small onions
1 cup mushrooms
2 eggs
2 pieces bread
salt, pepper, and garlic to taste
2 pkg. onion soup mix (Liptons)
2 pkg. mushroom gravy (instant)
 $\frac{1}{2}$ T. Kitchen Bouquet

In a large bowl, mix the hamburger, eggs, onions, bread, one package of onion soup (Liptons), and spices. Form into meatballs the size of "a jack ball". Brown in a large fry pan on medium heat, turning to even browning. Mix in a separate bowl the 1 package of Lipton soup mix with the 2 packages of mushroom gravy mix. Add a little Kitchen Bouquet for color (about $\frac{1}{2}$ Tbsp.).

NOTE: When mixing the gravies, instead of 3 cups water, use only 2. This causes the gravy to be thicker. Pour this over the meatballs along with the cup of mushrooms. Stir frequently about 15 minutes. Dish over mashed potatoes. Serves 4.



Cornish Game Hens (2)

Marie L. Colasurdo

Prepare marinade a day before

- 1 cup soy sauce
- 1 cup vegetable oil
- 1 cup white wine
- $\frac{1}{4}$ t. ginger
- 1 medium onion chopped or 1 t. dry onions
- 1 clove garlic, minced
- $\frac{1}{4}$ t. black pepper

Place split hens in a ziploc breezer bag. Pour marinade over hens and seal. Let then marinade for several hours or, preferably, overnight. Preheat oven to 350 degrees. Place hens in roasting pan and pour a little marinade over them. Bake 1 hour, uncovered, basting occasionally. Save the marinade in refrigerator and use it in the same way for chicken breasts. Broil the breasts - delicious!

Dona's Linguini and Clam Sauce

Dona Huson

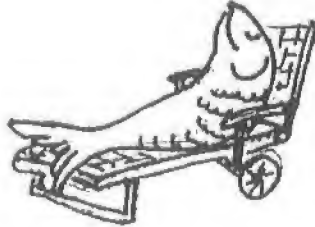
- 6 T. olive oil
- 6 T. butter
- 3 cloves garlic, finely chopped
- 4 T. shallots, finely chopped
- $\frac{3}{4}$ cup clam juice
- $1\frac{1}{2}$ cup minced clams
- $\frac{1}{2}$ cup parsley, finely chopped
- $\frac{3}{4}$ lb. linguini noodles, cooked
- parmansan cheese, freshly grated

Heat oil and butter, add garlic and shallots. Saute low heat until lightly browned. Add clam juice and simmer about 5 min. Stir in clams and parlsey. Blend with cooked noodles; top with grated cheese. Served with hot french bread - serves six nicely.

Salmon Loaf

Wendy Brown

- 1# can salmon
- 1 cup grated cheese
- $\frac{1}{2}$ cup chopped ripe olives
- 1 cup bread crumbs
- $\frac{3}{4}$ cup milk
- 2 eggs, beaten
- 1 tsp. salt
- $\frac{1}{4}$ tsp. pepper
- 2 T. butter or margarine, melted
- 2 T. each, chopped parsley and onion



Flake salmon. Combine with rest of ingredients. Press into greased loaf pan and bake in 350 degrees oven 30 minutes. Serve hot or cold.

Wild Rice Meat Balls

Dick & Regi Nachbar

- 1# ground deer, elk, Bighorn sheep, or caribou
(if you must, use ground beef!)
- $\frac{1}{2}$ cup chopped onion
- $\frac{1}{2}$ cup wild rice (steeped once)
- 1 tsp. seasoning salt
- $\frac{1}{2}$ tsp. garlic powder
- $\frac{1}{4}$ tsp. poultry seasoning
- 2 dashes ground pepper
- $\frac{1}{3}$ cup oat bran
- $\frac{1}{3}$ cup milk

Mix. Put meatballs in casserole dish. Cover. Microwave 5 min. (or brown in pan) Mix 1 can cream of mushroom soup & 1 can water. Pour over meat balls. Cover. Bake $1\frac{1}{4}$ hr. at 250.

Special Pot Roast

Dorothy Rick

Put holes with a fork in a 4# Pot Roast (blade or 7 bone) and sprinkle with water. Spread on a non-seasoned tenderizer and immediately brown on both sides in a hot broiler,

Put in pot; spread on 3 tablespoons of Kraft Old Hickory Bar-be-que sauce; sprinkle with 1 package of Mrs. Grass Onion Soup; sprinkle with minced dehydrated garlic. Add $1\frac{1}{2}$ cup of water and cover tight with lid or foil.

Bake at 325 to 350 degrees for 2 hours. Then add carrots and potatoes and bake another hour.

Chicken with Duck Sauce

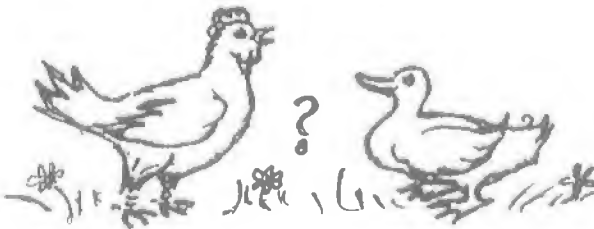
Penny Provost

Line casserole with aluminum foil.

Place 10-12 meaty pieces of chicken in casserole and cover with sauce made of:

- 1 - 8 ounce bottle Wishbone and Russian dressing
- 1 - 8 ounce jar apricot preserves
- 2 envelopes Lipton Onion Soup

Spread over chicken and bake uncovered at 300 degrees for 2 hours.



Honey - Garlic Pork
Kim Peterson

- 4 thick boneless pork loin chops
- $\frac{1}{2}$ cup lemon juice
- $\frac{1}{2}$ cup honey + 1 T.
- 2 T. soy sauce
- 1 T. brandy
- 2 cloves garlic, minced



Combine marinade ingredients and pour over chops in a heavy plastic bag or bowl. Seal. Refrigerate 4-24 hours. Remove chops from marinade and reserve. Broil chops 5" from heat source, turning once 12-15 minutes and basting occasionally with reserved marinade. Don't overcook. Double the marinade for more pork chops.

Chicken Chili for the Crockpot
Sharon Smith

- $\frac{1}{2}$ lb. dry pinto or kidney beans (two 16 oz. cans red kidney beans, drained, may be substituted for dry beans)
- 2 - 14 $\frac{1}{2}$ oz. cans tomatoes
- 2 lbs. chicken pieces, cooked
- 2 medium onions, chopped
- 1 green pepper, chopped
- 2 cloves garlic, crushed
- 3 T. chili powder
- 1 t. pepper
- 1 t. cumin
- salt to taste

Put all ingredients in crockpot in order listed. Stir once. Cover and cook low 10-12 hours or high 5-6 hours.

Sweet & Sour Chicken (India Style)
Mabel Dudley

3 lbs. chicken (legs, thighs or wings)
1/3 to 1/2 cup of flour

Dredge chicken in flour - Brown in
3 T. oil

Remove chicken - Add

1 T. oil

2 onions, sliced

3 large cloves garlic, pressed

Cook till brown - Add

2 T. sugar

2 T. ginger, finely chopped

1 T. paprika

1 T. ground tumeric

1 t. ground colliander

1/4 t. cardamom

1/4 t. pepper

1/4 t. cayenne pepper

Cook 1 minute - Add

1/3 cup red wine vinegar

1 - 13 oz. can chicken broth

Add chicken - Simmer 30 minutes or until
tender. Remove chicken - skim broth - add
salt and sugar to taste. Pour over chicken -
sprinkle with 2 T. sesame seeds.



Impossible Turkey Pie

Donna Oleman

2 cups cut-up cooked turkey
1 jar (4½ oz.) sliced mushrooms, drained
½ cup sliced green onions
1 (10 oz.) chopped brocolli
2 T. chopped parsley
½ tsp. salt
1 cup shredded natural swiss cheese (4 oz.)
1½ cup milk
¾ cup Bisquick Mix
3 eggs

Heat oven to 400 degrees. Lightly grease a 10" pie plate. Sprinkle turkey, mushrooms, onions, brocolli, salt and cheese in pie plate. Beat remaining ingredients until smooth. Pour into pie plate. Bake until golden brown and knife inserted halfway between center and edge comes out clean. 30-35 minutes Let stand 5 min. before cutting.

Macaroni & Cheese

Corrine Gruetter

3 cups elbow macaroni - cooked and boiled till tender. Drain.
In saucepan, melt 3 T. margarine, 3 T. flour, ½ t. salt and dash of pepper. Add 2 cups milk. Cook and stir till thick and bubbly. Add 2-3 cups cubed cheese. Stir till melted. Mix cheese sauce with macaroni. Turn into a 1½ quart casserole. Top with shredded cheese. Bake at 350 degrees for 35-40 min. or till heated through. Serves 6

GERMAN KROUT KUCHEN

Esther Miller

- | | |
|------------------------|-----------------------|
| 1 cup milk | 1 or 2 eggs beaten |
| 2 Tbs. Butter or marg. | 1 pkg. yeast |
| 2 tsp. sugar | 3 1/2 to 4 cups flour |
| 3/4 tsp. salt | |

Scald milk and add butter or marg., salt, and sugar. Cool to lukewarm, add yeast to beaten egg. Add flour and knead about 4 to 5 minutes. Cover and let stand in lowest heat in oven that has been turned off until doubled in bulk. Knead down and return to oven until it comes up a second time. Roll dough out in 5 inch squares and add 1/2 to 3/4 cup filling. Pull sides up and pinch together (Make sure you do not get any oil or filling on sides of dough or they will not seal). Place upside down on a cookie sheet (greased) and let rise 15 to 20 minutes. Bake at 350° for 20 to 25 minutes.

Filling:

- 1 large head cabbage
- 1 cup chopped onion
- 1 1/2 lbs. cooked ground beef (or less)
- Salt and pepper to taste

Mix in kettle and steam over low heat. Do not over cook the cabbage. It is better if it is a bit crisp.

MARINADE

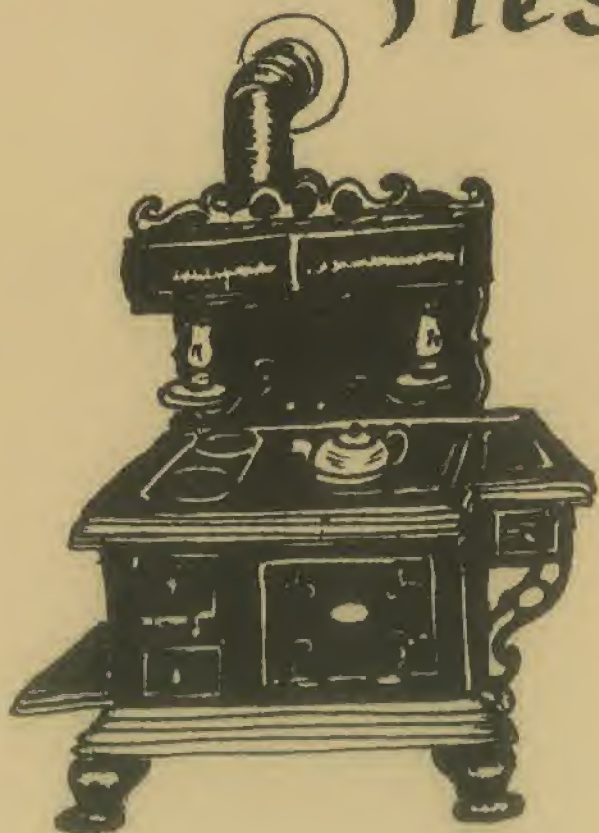
Janet Rau

- 2 cloves garlic-crushed
- 1/2 cup wine vinegar
- 1/4 cup soy sauce
- 1/4 cup oil
- 1/4 cup light corn syrup
- 1 tsp. rosemary-crushed or powdered
- 1/2 tsp. dry mustard



Combine all ingredients. Pour over any type of beef and marinate for 4 to 24 hours.

Pastry & Pies



DANISH PASTRY APPLE SQUARES

Martha Lerch

2 1/2 cups flour	1 tsp salt
1 cup shortening	

Cut in shortening. Put 1 egg yolk in cup and add enough milk to make 2/3 cup. Add to flour, mix and form a ball. Divide dough in half. Roll out half of dough into 15 1/2 x 10 1/2 pan. Crush two handfuls of corn flakes and spread on dough.

Mix together:

8 cups sliced apples
1 cup sugar
1 tsp cinnamon

Pour apple slices on spread dough. Roll out remaining dough and cover apples. Beat egg white until frothy and spread over top of dough. Bake at 400° for 40 minutes.

PUMPKIN DATE TORTE

Joy Reed

1/4 cup butter	2 eggs
1/2 cup chopped dates	1/2 cup flour
1/2 cup walnuts	1/2 tsp baking powder
2 Tbs flour	1/2 tsp cinnamon
1 cup brown sugar	1/2 tsp nutmeg
2/3 cup cooked pumpkin	1/4 tsp ginger
1 tsp vanilla	1/4 tsp soda

Mix dates, nuts and 2 Tbs flour. Melt butter and blend butter and sugar. Stir in pumpkin and vanilla. Beat in eggs one at a time. Sift dry ingredients together. Add to pumpkin mixture. Mix thoroughly. Stir in floured dates and nuts. Bake at 350° 30 minutes or until done. Serve warm with whipped cream.

Sweet Potato Custard Pie
Ida Reeder

2 cups mashed sweet potatoes	1/4 tsp ginger
1 cup sugar	2 cups milk
1 tsp salt	2 eggs
1 tsp cinnamon	

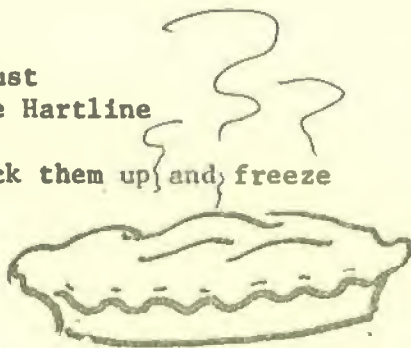
Mix ingredients - adding egg whites beaten stiff, last. Pour into uncooked pastry shell. Place in 425° oven for about 20 min. reset to 375° or 350°, then bake about 25 min longer.

Variation: May omit the cinnamon, adding 1 tsp nutmeg and 1 tsp lemon extract.

Easy-As-Pie Crust
Jane Hartline

Makes 6 at one time. Stack them up and freeze in a big freezer bag.

1 cup milk
2 cups shortening
3 cups flour
salt to taste



Mix ingredients, divide into six balls and roll out using lots of flour. (the mixture starts out very thin). Makes a very light and tasty crust.

*Commit your work to the Lord,
then it will succeed.*

Prov. 16:3

Pie Crust
Jane Brunner

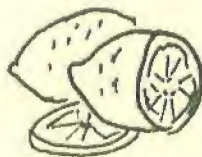
Mix: 1 1/2 cup Crisco
4 cup flour

Beat: 1 egg

Add to egg, 1/2 cup ice water, 1 Tbs sugar,
1 Tbs vinegar and 1 1/2 tsp salt.

Mix together - Makes lots

Lemon Pie
Linda Raynor



Put in double boiler:

1 1/2 cup sugar

3 Tbs Cornstarch

3 Tbs flour

Add gradually 1 cup cold water, 1 cup hot water,
dash of salt and cook until thickened.

3 egg yolks whipped - mix 3-4 Tbs hot mixture
with yolks, then add rest of mixture, then add:
1/2 cup juice of 2 lemons (no artificial lemon),
when thickened, remove and add 1 Tbs butter.

Whip egg whites plus 6 Tbs sugar - top pie and
place under broiler (400°) until brown.

*Timely advice is as lovely as golden
apples in a silver basket.*

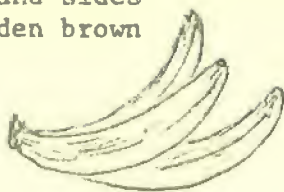
Prov. 25:11

Banana Cream Pie
Nancy Wheeler

Crust: Melt $\frac{1}{4}$ cup margarine in pie pan
Add 2 cup coconut
 $\frac{1}{3}$ cup sugar

Mix together and press into bottom and sides
of pie pan. Bake at 400° until golden brown
About 2-5 min.

Filling: Mix in saucepan -
 $\frac{2}{3}$ cup sugar
3 Tbs cornstarch
 $\frac{1}{2}$ tsp salt



Stir in gradually-3 cup milk

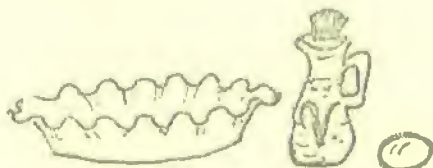
Cook over med. heat, stirring constantly, until
mixture thickens and boils. Boil 1 min. Remove
from heat. Gradually stir at least half of hot
mixture into: 3 egg yolks, slightly beaten.
Then blend into hot mixture in saucepan. Boil
1 min. more, stirring constantly. Remove from
heat. Blend in: 1 Tbs butter and $1\frac{1}{2}$ tsp vanilla.
Pour into crust and chill. Top with whipped cream.
Beat until stiff: 1 cup chilled whipping cream,
fold in: $\frac{1}{4}$ cup sifted powdered sugar and vanilla
Chocolate Cream Pie: Follow recipe above except
increase sugar to $1\frac{1}{4}$ cup and add 2 to 3
squares unsweetened chocolate (cut up with milk)

3 Crust Pie Crust
friend of Margaret Herem

3 cups flour
 $1\frac{1}{4}$ cup shortening MIX
1 tsp salt

Add to the above:

1 egg
5 Tbs water
1 Tbs vinegar



Nut Tassies

1/2 cup margarine
1 (3 oz) cream cheese
1 cup flour

Filling: nut meats 1 Tbs melted butter
 1 egg 1/2 tsp vanilla
 1 cup brown sugar Pinch of salt

Cream margarine and cream cheese. Work in flour blend well. Chill dough. Pat small portions in small muffin pans. For filling, chop walnuts into prepared pans. Beat eggs lightly with fork. Add sugar, butter, vanilla and salt. Pour mixture over chopped nuts. Bake at 350° for 20 min. Reduce temp. to 250° for 10 min longer. Makes about 12 muffin size.

Rhubarb Pie Ida Reeder

3 cups rhubarb 2 eggs
1 1/2 cup sugar 4 Tbs Flour

Wash the rhubarb; then cut the stalks in 1/2 in. pieces. Measure 3 cups of rhubarb, then set aside. Make the pastry, then line pan with it. Combine the sugar, flour and beaten eggs. Add rhubarb and mix thoroughly. Pour in prepared pie pan, cover with top crust. Brush top crust with cream (or milk). I sprinkle a wee bit of sugar over top crust. Bake at 425° for 30-40 min. You may not wish your oven that hot. Perhaps 400° when you put pie in the oven, then reduce to 350° or 375° and balance time

Texas Pecan Pie
Margaret Simpson



- 1/2 cup margarine
- 1/2 cup sugar
- 3/4 cup white Karo syrup
- 1/4 cup maple syrup
- 3 eggs, beaten
- 1 tsp vanilla
- 2 cups nuts, chopped
- 1/4 cup flour

Cream butter and sugar together well, stir in syrups and then eggs, vanilla; add flour and nuts. Mix well and pour in unbaked pie shell. Bake at 350° for 55 min.

Watergate Pie — see pg. 21,
Pam Hansen

pg 7 - Desserts

- 1 stick of butter
- 1 cup flour
- 1 cup nuts, chopped

Blend and press in a 9x13 pan and bake at 350° for 15 min.

Cream 8 oz Philadelphia cream cheese and 1 cup powdered sugar. Blend in 1 cup cool whip and spread over cooled crust.

Mix 2 boxes (small) instant pistachio pudding mix
3 cups milk (let thicken)

Spread over creamed mixture and top with cool whip and nuts.

Kind words are like honey-
enjoyable and healthful.

Prov. 16:24

Grandma Landess's Rhubarb Custard Pie Virginia Smith

3 cups sliced rhubarb	3 Tbs flour
2 eggs, beaten	1/4 tsp salt
2 Tbs milk	1/4 tsp nutmeg
1 1/2 cup sugar	1 Tbs butter

Combine eggs with milk, sugar, flour, salt and nutmeg. Put in unbaked pie shell. Pour egg mixture over rhubarb. Dot with butter over top. Bake at 400° for about 50 min.

Coconut Velvet Pie

1 env. plain gelatin	1 3/4 cup milk
1/2 cup sugar	vanilla and dash nutmeg
1/8 tsp salt	1 cup coconut
2 or 3 eggs, separated	



Toast coconut in oven. Mix gelatin, 1/4 cup sugar and salt in saucepan. Beat egg yolks with milk and stir into gelatin mixture. Place over low heat, cook until mixture thickens, stir in vanilla, nutmeg and about 2/3 cup toasted coconut. Chill stirring occasionally, until mounds when dropped from spoon (but not lumpy). Beat egg whites until soft peaks form. Gradually add 1/4 cup sugar. Fold gelatin mixture into beaten egg whites. Turn into pie shell. Chill until set. Sprinkle with remaining coconut. Top with whipped cream if desired.

.....a nagging wife annoys like
constant dripping.

Prov. 19:13

The Chart House Mud Pie
Bess Holm

1/2 pkg Nabisco Chocolate wafers
1/2 cube butter, melted
1 qt coffee ice cream
1 1/2 cup fudge sauce

Crush wafers and add butter, mix well. Press into 9" pie plate. Cover with soft coffee ice cream. Put into freezer until ice cream is firm. Top with cold fudge sauce (it helps to place in freezer for a time to make spreading easier) Store in freezer approximately 10 hours.

Presentation: Slice Mud Pie into eight portions and serve on a chilled dessert plate with a chilled fork. Top with whipped cream and slivered almonds.



Pecan Pie
Sue Parker

8 oz pkg cream cheese
1/3 cup plus 1/4 cup sugar
4 eggs
2 tsp vanilla extract
1/4 tsp salt

1 1/4 cup chopped
pecans or walnuts
1 cup light or dark
corn syrup

Beat cream cheese, 1/3 cup sugar, 1 egg, 1 tsp vanilla and salt in small mixing bowl until thick and creamy Set aside. Beat 3 eggs in mixing bowl only until blended. Add 1/4 cup sugar, corn syrup and 1 tsp vanilla, blend well. Spread cream cheese mixture in bottom of pastry-lined pan. Sprinkle with pecans. Gently pour cornsyrup mixture over pecans. Bake at 375° for 35-40 min.

Apple Pie Filling Donna Sanford

Peel and slice enough apples to fill 7 qts. Then combine following ingredients for a syrup:

4 1/2 cup sugar	1 tsp salt
1 cup cornstarch	10 cups water
2 tsp cinnamon	2 Tbs lemon juice
1/4 tsp nutmeg	few drops yellow food coloring

Bring syrup to a boil and pour over apples in jars 1/2" from top. Makes syrup for 7 - 1 tjars. Seal in hot water bath canner for 20 min. For making a pie - place unbaked pie shell and top with 1 Tbs flour Put pastry or dutch apple topping on filling. Bake at 425° for 40 min or more.

Impossible Coconut Pie *Superb Amazing Coconut Pie* Melba Lewitz

4 eggs	1 cup coconut
1/4 tsp salt	1/2 cup flour or
1 tsp vanilla	1/2 cup biscuit mix
1/2 cube margarine	2/3 cup sugar
2 cups milk	

Put all ingredients in blender for 20 sec. Pour into 9 inch pie plate (greased) Bake 1 hour at 325° or 45 min at 350°. If mixer is used, put coconut in after the rest has been mixed at high speed 2 min. Use spatula to mix cocoanut in . Optional: a sprinkle of cinnamon.

*Today is the tomorrow we
worried about yesterday. - M. Vanbee*

New England No-Crust Pumpkin Pie
Melba Lewitz

3 eggs
2/3 cup brown sugar, firmly packed
3 Tbs margarine
1 cup milk
1 cup solid pack pumpkin or squash
1/3 cup biscuit mix
3/4 tsp cinnamon
3/4 cup granola

Pre-heat oven to 350°. Combine eggs, brown sugar, butter, milk pumpkin, biscuit mix and cinnamon in blender - low speed for 3 min. Pour into greased 9" pie plate, let stand 5 min. Bake 20 min. Then sprinkle top with granola and bake another 20 min. or until set. With mixer: Beat eggs and sugar until light; add melted butter, milk and pumpkin. Add biscuit mix and cinnamon and beat at medium speed for 20 min.

Cherry Pie
Jane Brunner

Beat: 8 oz cream cheese
1 can Eagle Brand Milk
1 cap vanilla
6 Tbs lemon juice



Pour into cool prepared pie shell. Top with can of prepared cherry pie filling. Chill.

Amazing Coconut Pie
Reonne Smith

2 cup milk
3/4 cup sugar
1/2 cup bisquick
4 eggs
1/4 cup butter or margarine
1 1/2 tsp vanilla
1 cup flaked coconut



Combine milk, sugar, bisquick, butter, vanilla and eggs and blend in blender on low to 3 min. Pour in greased 9" pie plate. Let stand for 5 min., then sprinkle with coconut. Bake at 350° for 40 min. Serve warm or cold. Store in refrig.

Lush Pie - *see Wtrgate pg 6-*
Martha Lerch

Crust:

1 1/4 cup flour
1/2 cup margarine
1/2 cup chopped walnuts

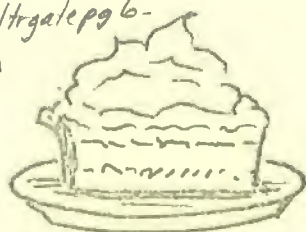
Blend together and put in a 9x13 glass pan. Bake at 350 for 15 min.

Blend:

8 oz pkg cream cheese
1 cup cool whip
1 cup powdered sugar

Spread on cooled crust.

Take 2 pkg instant pudding (lemon, choc., butterscotch, or pistachio), add 3 cups cold milk. Beat 2 min. Spread on top of cream cheese layer. Put a layer of cool whip on top. Refrigerate overnight or all day.



Lemon Pie
Penny Provost

Bake shell at 450 degrees.

2 eggs separated (save whites for meringue)

1 lemon juice and grated rind

2 1/2 cups water (use 1/2 cup orange juice if available)

1 cup sugar

7 level tablespoons cornstarch

Mix 1/2 cup water with the cornstarch

Mix or beat lemon and egg yolks. Add sugar and most of water, heat to almost boiling, add orange juice and enough of the cornstarch dissolved in water to thicken as it boils.

Make meringue with egg whites, 1/3 cup of sugar and 1/2 teaspoon of cream of tartar.

Pie Meringue
Penny Provost

1 tablespoon cornstarch (enough water to moisten)

1/2 cup boiling water

3 egg whites

Favorite extract

3 tablespoons sugar

Dash of salt

Moisten cornstarch in small amount of water. Stir in the 1/2 cup boiling water. Cook until thick and clear. Cool. Beat egg whites until stiff, add pinch of salt and add sugar gradually. Beat in the cooked and cooled cornstarch and beat until right consistency to peak. Put on pie and brown as usual in 375 degree oven.

"Nostalgia: Life in the past lane."

Peach Blueberry Pie - 2 crust
Penny Provost

2 tablespoons lemon juice
3 cups sliced peeled peaches (2 1/4#)
1 cup blueberries
1 cup sugar
3 tablespoons minute tapioca
1/2 teaspoons salt
2 tablespoons butter
1 egg yolk
Combine fruit in large bowl. Sprinkle with lemon juice.


Mix dry ingredients. Toss lightly with fruit and let stand 15 minutes.

Put in pastry shell - preheat oven to 425 degrees. Dot filling with butter. Top with pastry. Brush top with egg yolk beaten with 2 tablespoons water. Bake 45 to 50 minutes till fruit is tender and crust golden. Serve warm.

Rhubarb Custard Pie
Eleana Smith

Mix together:
3 cups cut raw rhubarb
2 egg yolks
2 tablespoon flour
dash salt
1 1/2 cup sugar or less

Blend in beaten egg whites. Pour into unbaked pie shell. Bake 35 minutes or until toothpick comes out clean and fruit is bubbling. Serves 6-8.


Joy is complete only when it is shared.
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Lemon Meringue Pie
Donna Robin

1 cup sugar
1/4 cup cornstarch
1 1/2 cup cold water
3 egg yolks (slightly beaten)

Preheat oven to 350 degree F. In medium saucepan combine 1 cup sugar and cornstarch. Gradually stir in water until smooth. Stir in egg yolks. Stirring constantly, bring to boil over medium heat and boil 1 minute. Remove from heat.

Stir in:

Grated rind of 1 lemon
1 tablespoon Mazola margarine
1/4 cup lemon juice
Spoon hot filling into 1 baked 9 inch pie shell.

In small bowl (with mixer at high speed) 3 beat egg whites until foamy. Gradually beat in 1/3 cup sugar, continue beating until stiff peaks form. Spread meringue evenly over hot filling, sealing to edge of crust. Bake 15 to 20 minutes or until golden. Cool on wire rack. Refrigerate.

Never Fail Pie Crust
Eva Fritzler

Flake together:

2 1/2 cup flour
1 cup shortening
1/2 teaspoon salt
1/2 teaspoon baking powder
1 tablespoon sugar
Stir in 1/2 cup canned milk.

This makes 1 double crust and 1 shell or 3 shells
9 or 10 inch

Paper Bag Apple Pie
Dona Huson

Pie:

- 1 unbaked 9 inch pastry shell
- 3 or 4 baking apples
- 3 tablespoon flour
- 1/2 cup sugar
- 1/2 teaspoon cinnamon
- 2 teaspoon lemon juice

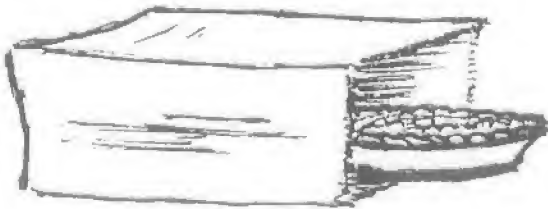
Peel, core and quarter apples, then halve each quarter. Place in large bowl. Combine sugar, flour and cinnamon. Sprinkle over apples, stir to coat well. Spoon into pastry shell. Drizzle with lemon juice.

Topping:

- 1/2 cup sugar
- 1 cup flour
- 1/2 cup butter or margarine

Combine sugar, flour and cut butter into the flour and sugar. Sprinkle over apples.

Slide pie into brown bag, fold the open end twice and fasten closed with a couple of paper clips. Bake in 375-400 degree oven for 1 hour. Cool on rack. Served with ice cream it is fantastic.



Salads

Salad Dressings and Relishes



Savies Island School

1932 - 1980

SAUERKRAUT SALAD

Joan Cieloha

- 1 quart sauerkraut
- 1 cup chopped green pepper
- 1 4 ounce jar pimento
- 1/2 tsp celery seed
- 1 cup sugar
- 1/2 cup oil
- 1/2 cup vinegar
- 1 cup chopped celery
- 1 cup green onions (tops too)
- 1 Tbs mustard seed



Boil sugar, oil and vinegar for 10 minutes at low temperature. Pour over other ingredients after it has cooled. Let set overnight. (Drain and rinse sauerkraut with cold water and chop finer, if desired.)

BEET SALAD

Ruth Ray

- 1 package lemon jello
- 1 1/2 cup hot beet juice (part water okay)

When half set, add:

- 1 1/2 cup cut beets or diced
- 1 cup diced celery
- 1 Tbs vinegar
- 1 tsp horseradish
- 1 small grated onion

Chill until set. Serve with a little mayonnaise.

PARTY CURRY RICE SALAD

Julia Patterson

2 pkgs. chicken Rice-a-Roni

Cook as directed on package and cool.

Add: 1 6 ounce can green olives
1 green pepper, chopped
1 bunch green onions, sliced
2 small jars marinated artichoke
hearts, sliced--save the juice
and mix with

1/2 cup mayonnaise

Add about 1 tsp curry to taste. Pour over
the Rice-a-Roni and mix.

CABBAGE CHICKEN SALAD

M. Givens

1 whole cooked and shredded breast of chicken
2 Tbs sesame seeds (toasted)
2 Tbs sliced almonds (toasted)
1/2 head cabbage shredded (Chinese cabbage)
2 green onions chopped--tops and all
1/2 pkg. Mission Raemen Noodles

Combine the above and toss with dressing.

Dressing:	2 Tbs sugar	1 tsp salt
	1/2 cup salad oil	1 tsp accent
	1/2 tsp pepper	3 Tbs vinegar

TACO SALAD

Mary Vann
Susan Bender

- 1 pound hamburger, browned
- 1 head lettuce
- 1 large onion
- 4 tomatoes
- 1 can kidney beans
- 1 cup grated cheese
- 1 bag crumpled taco chips
- 1 jar Kraft French dressing



Shred lettuce, mix all together.

CELERY ROOT & SHRIMP SALAD & AVOCADO

Alice Sprando

- 1 celery root, boiled, peeled then cubed
- 1 large avocado, diced
- 1 small can tiny shrimp
tomato

Mix with "Oregano Dressing"

(Boil celery root about 45 minutes)

- 3/4 cup mayonnaise
- 1 1/2 Tbs. seafood cocktail sauce
- 3 Tbs oil
- 1/4 tsp garlic salt
- 1/8 tsp dried oregano
- 1/4 tsp black pepper



Mix all dressing ingredients, toss with salad ingredients. Pile into crisp lettuce. Garnish with tomato slices. Yummy!!!!

CARROT SALAD

Eva Fritzier

Maydel Cashdollar

2 pounds carrots, cooked, sliced and cooled
1 can tomato soup
3/4 cup vinegar
1 cup sugar
1/2 cup oil
salt and pepper

} dressing

1 onion, sliced
1 green pepper, sliced

Mix sauce and pour over vegetables. Marinate overnight.

7 - LAYER SALAD

Kathy Anderson

1 head lettuce
1 can shrimp
1 bunch radish, sliced
1 can black olives, sliced
1 can water chestnuts, sliced
1 cup fresh mushrooms, sliced
1 package frozen peas, unthawed

Nancy Wheeler

Bacon bits

Lettuce

Shrimp

celery

onion

peas

Sliced almonds on top

Tear lettuce in bite size pieces in large bowl.
Add shrimp, radish, black olives, water chestnuts,
mushrooms and frozen peas in layers.

Top with 1/2 inch of mayonnaise. Garnish with
hard boiled eggs or grated cheese. Make 24 hours
before serving.

*A wise man's words express deep
streams of thought.*

Prov. 18:4

MACARONI, SPAM AND CHEESE SALAD

Mrs. L. I. Fisher (May)

1 12 ounce package salad macaroni (shell or elbow)
6 hard boiled eggs
1 small can spam-cubed
1 cup cubed cheddar cheese
1/2 cup chopped green onions
1/4 cup french prepared mustard
2/3 cup mayonnaise
salt and pepper to taste

To the cooked macaroni, that has been rinsed and drained, add 4 chopped boiled eggs, onion, spam and cheese. Mix gently.

Dressing:

To the mayonnaise add salt, pepper and mustard. Beat to mix. Fold into salad. Add the remaining 2 eggs sliced to top of salad. Sprinkle paprika over all and place lid on bowl and refrigerate 4 to 6 hours before serving.

CRANBERRY APPLESAUCE SALAD

Betty Potter

Annette S. Clute

1 can whole cranberry sauce
1 cup sweetened applesauce
1 package lemon or orange jello

Dissolve jello per package directions.
When jello sets a little and is stirred up slightly add cranberry sauce and applesauce.
Let all set well and serve with either mayonnaise or whipped cream topping.

24-HOUR SLAW

June Parker

- 1 large head cabbage
- 1 1/2 cup sugar
- 1 1/2 cup vinegar
- 1 Tbs salt
- 1 Tbs mustard seed
- 1 Tbs celery seed
- 1 large onion
- 1 green pepper
- 1 small jar pimento



Chop and mix. Pack in jar. Refrigerate for 24 hours. Keeps for 1 week.

GERMAN CABBAGE SALAD

Olive B. Erikson

(To be made in stainless pan only)

- 1 large head cabbage cored and sliced (not too fine)
- 2 medium onions (baseball size)-quarter and slice thin
- 7/8 cup sugar

In 4 quart stainless pan put alternate layers of 2 inches of cabbage and thin layer onion. Sprinkle 7/8 cup sugar on top.

Boil 1 cup cider vinegar, 3/4 cup oil, 1 tsp celery seed, 1 tsp powdered mustard, 2 tsp sugar and 1 Tsp non-iodized salt. Stir mixture well and bring to boiling. Pour over cabbage and onion. Cover and put in refrigerator for 4 hours. Remove, stir well, put in jars (do not seal) Keeps 2 months in refrigerator.

6 - LAYER SALAD

Ginnie Hastings

- 1 small green pepper, chopped
- 1 medium head lettuce
- 1 cup celery chopped
- 1 bunch green onions, sliced
- 6 ounce package frozen green peas (tiny)
- 1 cup mayonnaise (imitation)
- 1 cup sour cream (Imo)
- 1 package Ranch Dressing, mixed in sour cream and mayonnaise
- 1/2 pound grated, medium Bandon cheddar cheese
- 1 pound lean bacon, fried and crumbled
- 2 Tbs sugar, sprinkle over top before adding bacon

Put shredded lettuce, pepper on bottom of flat pyrex baking dish. Sprinkle celery over top, then layer of onions, peas (frozen and broken apart) Sprinkle sugar over above and spread with mixture of mayonnaise and Imo. Sprinkle with grated cheese and crumbled bacon. Refrigerate at least 8 hours. Cover with saran wrap. When serving, do not toss.

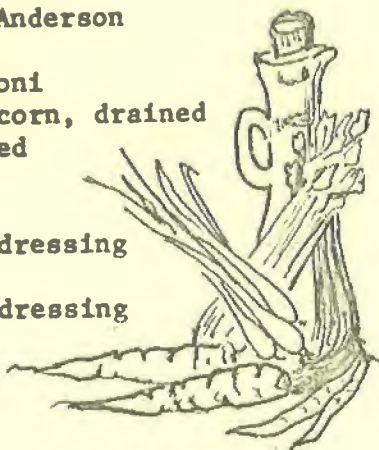
*And Jesus answered him saying,
"It is written, That man shall
not live by bread alone, but
by every word of God."*

Luke 4:4

MINESTRONE SALAD

Kathy Anderson

- 1 package 16 ounce elbow macaroni
- 2 cans 12 ounce mexican style corn, drained
- 3 medium carrots pared, shredded
- 1 cup green beans
- 1 cup sliced green onions
- 3/4 cup bottled Italian salad dressing
- 1 cup thinly sliced celery
- 1 1/2 cup mayonnaise or salad dressing
- 1 Tbs hot mustard
- 2 tsp salt
- 4 medium tomatoes for garnish



Cook macaroni as label directs. Drain. While warm combine with corn, green beans, carrots, onions and Italian dressing in large bowl. Toss lightly to mix. Chill 2 hours to blend flavor. Just before serving add celery to macaroni. Mix mayonnaise, mustard and salt in small bowl. Stir into macaroni and mix. Cool. Serve.

JELLO

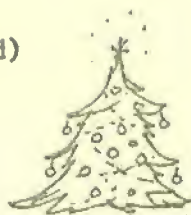
Jane Brunner



- Dissolve: 2 packages lime jello in 2 cups boiling water.
2 cups small marshmallows
- Add: 1 cup cold water
16 ounce can crushed pineapple, undrained
- When it begins to set add:
1 cup whipping cream, whipped
1 cup mayonnaise
- Set til firm.

CHRISTMAS CRANBERRY SALAD (for 10-12)

- 2 cups raw cranberries
- 1 large orange (peeled and seeded)
- 3/4 cup sugar
- 6 oz package raspberry jello
- 2 cups water (divided)
- 2 Tbs lemon juice
- 1 cup diced apple
- 1 cup diced celery
- 1/2 cup nut meats
- 1 can crushed pineapple and juice (8 1/2 ounce)



Grind or chop cranberry and orange together. Add sugar. Let stand while dissolving gelatin in 1 cup boiling water. Add 1 cup cold water and lemon juice. When gelatin syrupy, add fruit/nut mixture. Pour in molds. Garnish with dressing. Decorate with red and green if desired.

PINEAPPLE PARTY SALAD

June Parker

Dissolve 2 packages lemon jello in two cups boiling water. Stir in 2 cups 7-Up. Chill till partly set in bowl you plan to serve it in. Drain 1 large (20 ounce) can crushed or chunk pineapple. Save 1 cup juice. Fold pineapple, 1 cup small marshmallows and 2 large bananas, sliced, into jello. Chill till firm and top with the following topping:

Mix together 1/2 cup sugar, 2 Tbs cornstarch. Add 1 cup pineapple juice and 1 well beaten egg. Cook over low heat, stirring constantly, til thick, like pudding. Add 2 Tbs butter and cool. Fold in 1/2 pint whipped cream. Frost jello and chill overnight. You may garnish with chopped nuts or coconut if desired.

FRUIT SALAD

Martha Keller

4 cups marshmallows (small)
4 cups pineapple chunks
2 cups mandarin oranges

Dressing: 6 Tbs pineapple juice
1 Tbs vinegar
2 Tbs butter
1/2 cup sugar
6 egg yolks

Cook until thick on low heat. Let cool. When cold add 1 pint whipped cream, beaten. Mix with fruit in large bowl. Cover with foil and refrigerate overnight.

24-HOUR SALAD

Harriet Cashdollar

1 can pineapple chunks
1 can fruit cocktail
1 can mandarin oranges
1 cup coconut
1/4 pound almonds (walnuts)
1/2 pound marshmallows

} drain

Dressing: 2 eggs beaten
3/4 cup sugar
1 lemon, rind and juice
1 orange, rind and juice

Boil 5 minutes. Cool and add 1 cup whipped cream. Mix with fruit and let set 24 hours.



Rice-a-roni Salad

Julia Patterson

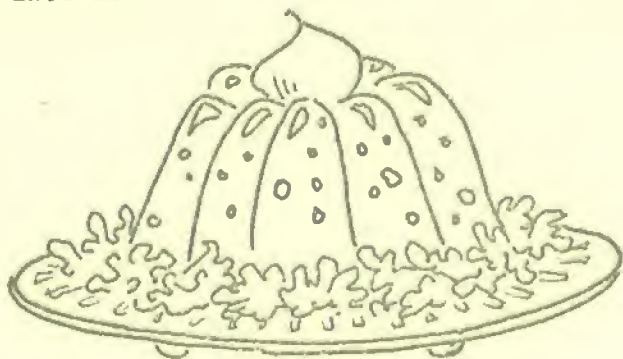
- 2 packages chicken rice-a-roni - prepared
- 1 16 ounce can green olives
- 1 green pepper
- 1 bunch green onions
- 2 jars artichokes - some juice

Mix 1/2 cup mayonnaise and 1/2 tsp curry powder and pour over salad.

Orange Jello Salad

- 1 6 ounce package lemon jello
- 2 cups hot water
- 1 cup pineapple juice (drained from fruit)
- 1 can pineapple - chunk or crushed
- 2 cans mandarin oranges
- 1 12 ounce can frozen orange juice
- 2 or 3 grated carrots - optional
- 1/2 cup drained and chopped maraschino cherries

Thoroughly dissolve jello in hot water. Add pineapple juice and frozen orange juice as it comes from the can. Mix well and put in refrigerator. When this starts to set, mix in fruit and carrots. Stir well and pour into mold.





2 cans shrimp
1 can tuna
2 tsp gelatin
1 can (large) tomato juice
1/4 tsp pepper
1/2 tsp salt
1 cup sliced celery (thin)

1 can crab
2 small pkg. lemon jello
1/4 cup vinegar
1/4 tsp powdered cloves
1 tsp paprika
2 Tbs minced onion

Dissolve gelatin in vinegar. Heat tomato juice. Add lemon jello and spices. Add vinegar mix. Add remaining ingredients and chill.

SALMON JELLO SALAD

Margaret Simpson

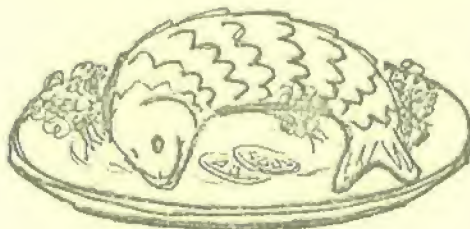
1 can tomato soup
1/2 can water
2 envelopes Knox gelatin
Bring to a boil and let cool.

Then add:

1 1/2 cups celery (chopped)
1 onion
1 can tuna, or salmon, flaked.
1 small cottage cheese
3/4 cup salad dressing

Mix all together and let set overnight.

*Looks nice in
a copper fish mold!*



AMERICAN CHEESE PINEAPPLE SALAD

Eileen McVicker

1 can pineapple, crushed
1 cup sugar
juice of 1 lemon
2 Tbs gelatin dissolved in 1/2 cup water

Let thicken.

Add 1 cup grated American Cheese
1 cup cream, whipped

Optional: bit of celery, onion, pimento
or green pepper

EMERALD SALAD DESSERT

Diana Dotson

1 No. 2 can pineapple tidbits
13 ounce package lime flavored gelatin
2 cups small marshmallows
12 ounce package dessert topping mix

Drain pineapple, reserving syrup. Add water to syrup to make 2 cups, heat to boiling. Add gelatin and stir to dissolve. Add pineapple, pour into 10 x 6 x 1 1/2-inch baking dish. Cover immediately with a layer of marshmallows. Prepare dessert topping mix according to package directions. Spread over marshmallow layer. Chill till gelatin is firm

*Gentle words cause life and health;
gripping brings discouragement.*

Prov. 15:4

Sweet India Relish

Edna Graf

3 lbs. chopped cucumbers	2 1/2 cup sugar
3 lbs. green tomatoes, chopped	3 cups vinegar
3 Tbs salt	1/3 cup mustard seed
3 cups chopped cabbage	1 Tbs celery seed
8 onions chopped	1 tsp tumeric
3 hot peppers chopped	1/4 tsp ground mace
3 green or red peppers chopped	1/2 tsp cinnamon

Spices may be changed if desired. Divide salt between tomatoes and cukes. Weigh down and let set overnight. Drain well and add other chopped vegetables and everything else. Cook over low heat until thickened or about 30 min. Seal in jars.

Pear Salad

Nancy Brown



1 qt. pears
 2 - 3 oz pkg cream cheese, softened
 1 pkg lime jello
 1 envelope dream whip

Boil juice from pears - enough juice to make 1 1/4 cup
 Add water if there is not enough juice. Dissolve jello in juice. Put in refrigerator to partially set. Prepare dream whip as directions on box. When jello has partially set, fold in cream cheese until smooth. Then fold in dream whip. Fold in chunks of pears. Place in jello mold that has been lightly greased with liquid oil. Set for at least 8 hours or even better, overnight.

*A smile for every day makes
 sunshine all the year. E. Cooper*

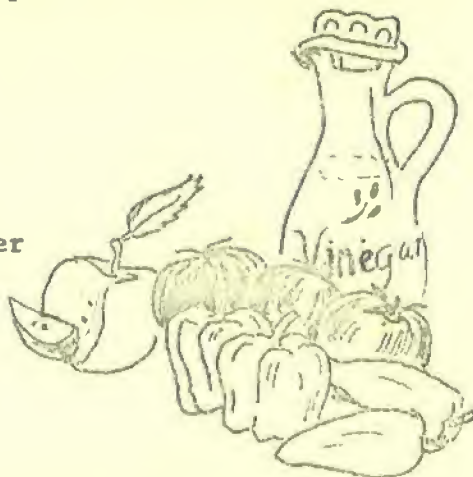
SHIRLEY SPENCE'S GREEN
TOMATO RELISH

Virginia Smith

Grind fine and drain off juice of the following:

20 green tomatoes
8 onions
8 apples
2 green peppers
1 sweet red pepper

Add: 1/2 tsp black pepper
1 tsp cloves
3 tsp salt
1 tsp celery seed
1 tsp turmeric
5 cups sugar
4 cups vinegar



Boil 1/2 hour, stirring as necessary to prevent scorching. Pour in canning jars. Process in boiling water bath for 10 minutes.

Makes about 9 - 10 pints.

TARTAR SAUCE

Kathy Lerch

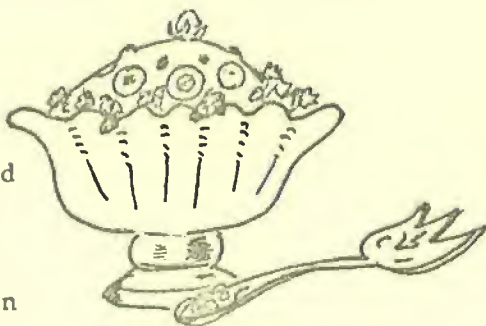
2 cups mayonnaise
1 cup chopped pickles, dill or sweet
2 tsp onion juice
2 tsp prepared mustard
1/2 tsp salt
1 tsp lemon juice



Dressing for Potato Salad

Eva Fritzler

3 Tbs Salad oil
2 Tbs flour
2 Tbs sugar
1 1/4 tsp salt
1 tsp prepared mustard
shake of cayenne
1 cup milk
6 Tbs lemon juice
2 eggs slightly beaten



Mix first 7 ingredients in top of double boiler. Cook over boiling water until thick stirring constantly. Gradually add combined lemon juice and eggs while stirring. Cook over hot (not boiling) water until thick. Good for potato or macaroni salads.

Vegetable Salad

Marge Bechtol

1/3 cup red wine vinegar
2/3 cup oil
4-5 tsp basil
dill weed
salt and pepper
garlic powder

Mix for Dressing

Cut in bite size pieces:

cauliflower	tomatoes
green pepper	zucchini
celery	onion
mushrooms	cucumber
black olives	artichoke hearts
carrots	
shrimp	

Put in large bowl and pour dressing over.
Will keep in refrigerator several days.

SALAD DRESSING OR DIP FOR VEGETABLES

Evelyn Vetsch

- 1 cup sour cream
- 1 cup mayonnaise (not salad dressing)
- 1 clove garlic pressed through garlic
press or minced very fine
- 2 tsp parsley flakes

Mix together with a spoon until the mayonnaise and sour cream, garlic and parsley are combined. For variety add a dash of Worcestershire sauce, crushed dill, basil or one of your favorite seasonings. This also makes a good base for Thousand Island Dressing. Just add catsup and minced sweet pickle, (minced onion too, if you like) to some of the dressing.

To make horseradish sauce for meat just add some mustard, horseradish and catsup to some of the dressing.

SALAD DRESSING

Martha Lerch

- 1 1/2 cup buttermilk
- 2 cups mayonnaise
- 1 1/2 tsp accent
- 1 1/2 tsp parsley flakes
- 1 1/2 tsp minced dry onion
- 1/2 tsp garlic salt

Mix and refrigerate

This is like Uncle Dan's dressing.

BLEU CHEESE DRESSING

2 cups mayonnaise
1/2 cup buttermilk
1/4 cup cream
3 ounce Bleu Cheese
Dash garlic salt

Beat well.



GRANDMA VAN KLEEK'S FRUIT SALAD DRESSING

Virginia Smith

1/2 cup cream or evaporated milk
1 beaten egg
2 Tbs sugar
2 Tbs vinegar
pinch salt
1 Tbs margarine

Cook in double boiler or over boiling water
until thickened. Do not use aluminum pan.
Stir frequently. Cool.

ROCQUEFORT DRESSING (Blue Cheese)

Fern Schulz

1 quart Best Foods Mayonnaise
1 cup buttermilk
6 ounce Blue Cheese (mash in hot water)
1 tsp mustard
1 tsp lemon juice
1 - 2 cloves garlic (juice)
1 small onion (juice)

Salt to taste. Lots of fresh ground pepper

BEET JELLY

Marge Taber

Mabel Dudley

3 cups beet juice

1/4 cup lemon juice

1 3/4 oz. pkg. pectin

4 cups sugar

1/4 tsp. ground ginger

Combine juices and pectin. Bring to a boil and add sugar. Boil 1 minute. Stir in ginger. Seal in jars.



ZUCCHINI JAM

Marge Taber

Mabel Dudley

2 lbs. zucchini (finely ground)

2 oranges (chopped)

2 lbs. sugar (or to taste)

1/4 cup lemon juice

1 can orange concentrate (optional)

Bring to a boil. Let stand overnight. Cook until thick. Seal in jars.



DILL DIP

Marge Taber

1 pkg. Uncle Dan's California Dill

1 pkg. low fat Yougurt

equal amount of mayonnaise (Best Foods)

1 Tbs. Lemon juice

Combine all ingredients and let stand at least 2 hours. Overnight is better. Serve with fresh vegetable sticks.

SPRING PEA SALAD

Dona Huson

10 oz. fresh or frozen peas	1/2 cup sour cream
1 cup chopped cauliflower	1 cup prepared ranch
1/4 cup diced green onions	dressing
1 cup diced celery	1/2 tsp. dijon mustard
1/2 cup salted sunflower seeds	
1/4 cup crisp bacon-crumbled	1/4 tsp. garlic powder

Rinse peas in hot water (steam if fresh), drain. Combine vegetables, nuts, bacon and sour cream. Mix dressing, mustard and garlic powder together. Pour over salad mixture, toss gently and chill.



POTATO SALAD DELIGHT

Toni Williams

12 boiled medium potatoes (cleaned & unpeeled)	6 radishes-diced
10 boiled eggs	1 can shrimp-undrained
3-4 green onions	1 cup sweet pickles-diced
1/2 can black olives-sliced	1 stalk celery-diced
1/2 green bell pepper-diced	
1/2 yellow bell pepper-diced	
1/2 red bell pepper-diced	

Dice potatoes and eggs. Add remaining ingredients.
Add dressing. Salt and pepper to taste.

Dressings:

3/4 cup mayonnaise	1/2 cup sweet pickle juice
3 Tbl. mustard	2 tsp. celery seed

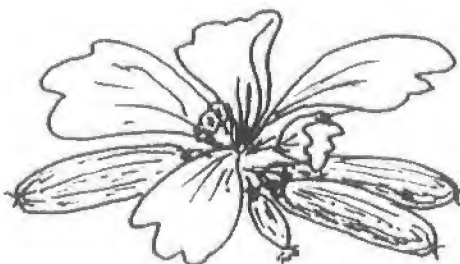
Sweet Zucchini Relish
Jean Fears

10 cups ground zucchini
4 cups ground onion
5 tablespoons salt

Mix together and stand over night. Drain several times in the morning.

Cook together:

2 1/4 cups vinegar
6 cups sugar
1 teaspoons nutmeg
1 tablespoon dry mustard
2 teaspoons celery seed
1/2 teaspoon pepper
1 tablespoon turmeric



Add:

3 to 4 tablespoons cornstarch
1 large green pepper
1 large red pepper or 2 small jars pimentos

Add to squash and cook 5 minutes and seal.
Makes 6 1/2 pints.

GREEN TOMATO RELISH
Martha Lerch

20 large green tomatoes	4 cups vinegar
8 apples	1 Tbs. mustard seed
8 onions	1 tsp. cloves
1 green pepper	2 tsp. cinnamon
1 red pepper	3 Tbs. salt
5 cups sugar	1 tsp. tumeric

Grind all the vegetables, add spices and boil for 30 minutes. Seal in jars. Boil bath 10 minutes.

HOT CHICKEN SALAD

Barbara Wilson

- 2 cups diced chicken
- 1 can cream of chicken soup (I use the juice from the cooked chicken and add a little bullion and corn starch)
- 1 can H2O chestnuts-sliced
- 1 cup diced celery
- 1 green pepper-chopped
- 3/4 cup mayonnaise
- 2 cups cooked rice
- 1 jar red pimento chopped
- 3 hard boiled eggs

Mix together in a pan. Place in a glass baking dish. Cover with 1 1/2 cups crushed, buttered corn flakes. Top with 1/2 cup slivered almonds. Bake at 350 degree for 40 minutes.

BROCCOLI SALAD

Arlene Dick

- 2-3 bunches of broccoli, cut in small bite-size pieces
- 1/2 pound bacon, chopped and fried
- 1/2 cup green onion, chopped
- 1 cup raisins
- 1/2 cup slivered almonds
- 1/2 cup sunflower seeds

Dressing:

- 1 cup mayonnaise
- Sugar and white vinegar to taste

Mix all together and refrigerate.

*We are judged by what we finish,
~ not by what we start.*

DELICIOUS RASPBERRY SALAD
Melba Lewitz

2 cups boiling water
1 - 6 oz. box raspberry jello
1 - 10 oz. box frozen raspberries
1 can sweetened applesauce (2 cups)

Mix hot water and Jello together. Then add frozen berries. Break them apart but try to keep them whole. Add applesauce. This will set up quickly. For an added touch, top with whipped cream or topping.

BROCCOLI SALAD
Linda Workman

2 bunches broccoli (approx. 2 1/4 lbs.)
10 thin slices bacon
1 large red onion
1/3 cup dark raisins
1 cup mayonnaise
1/4 cup sugar
2 Tbls. cider vinegar
1/2 tsp. black pepper
1/2 cup sunflower seeds

Cut broccoli flowerets into smaller than bite-size pieces. You need approx. 8 cups of broccoli. Saute bacon in a skillet until crisp, drain, set aside. Chop onion and combine with broccoli and raisins. In small bowl whisk together mayonnaise, sugar, vinegar, pepper. Combine dressing with vegetables and refrigerate for 2 hours or more. When ready to serve, top with crisp bacon and sunflower seeds, toss together if you wish. Serves 10-12.

*Giving our best today is the
recipe for a better tomorrow.*

Vegetables Soup & Sauces



Swiss Beans

Sharon Feakin

4 Tbs margarine	2 cans green beans (drained)
2 $\frac{1}{2}$ Tbs flour	1 pt. sour cream
salt and pepper	cheddar cheese, grated
2 Tbs grated onion	4 Tbs margarine
1-1 $\frac{1}{2}$ Tbs sugar	Special "K" Cereal

On low heat: melt margarine, add flour, salt and pepper. Then the grated onion, sour cream; let heat, but not too hot. Then add green beans to sour cream mixture, and pour in buttered casserole dish. Melt remaining 4 Tbs butter and add cereal to coat 2 or more cups. Then grate cheese and sprinkle coated cereal over cheese. Bake at 325° for 35 min. or until cheese is melted and sour cream sort of bubbles around the edges of the cheese.

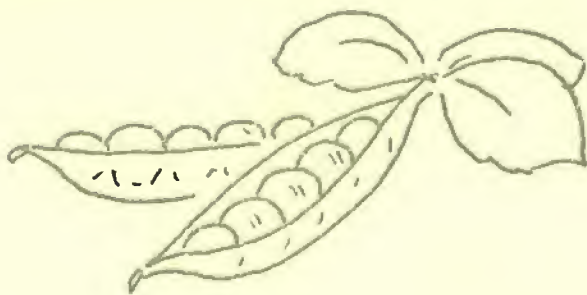
Pilaf and Peas

Fern Schulz

1/2 cup white rice
1/2 cup brown rice or "Ala"
2 Tbs butter
2 cups water
1/2 pkg onion soup



Saute rice in butter; add water and soup mix. Simmer 1/2 hour. When done, fluff and add 1/2 cup sour cream or IMO and 1 pkg frozen peas. Bake 20-30 min. in 350° oven. Serves 4-6.



Sweet and Sour Green Beans

Judy Tate

4 slices bacon, diced
1 small onion, sliced and separated into rings
1 tsp chopped pimento, if desired
1/4 cup vinegar
2/3 cup 7 Up
1/2 tsp salt
2 cans (1 pound each) green beans, drained

Fry bacon and onion until bacon is thoroughly cooked. Pour off drippings. Stir in pimento, vinegar, 7 Up. Simmer 10 minutes. Add beans and salt. Heat thoroughly. Serve hot or cold. Makes about 8 servings.

Carrots Ognonade

1 pound carrots, peeled and sliced
2 Tbs butter
2 Tbs grated onion
2 Tbs flour
1/4 tsp salt
1/4 tsp pepper

Cook carrots in salted water about 10 minutes or until tender. Drain and save cooking water. Keep carrots warm. Brown onion in butter. Stir in flour, salt and pepper. Cook 1 minute. Stir in water drained off carrots. Cook until thick and smooth. Add carrots. Simmer 5 minutes to blend sauce and carrots. Makes 6 servings.

When a man says it's a silly, childish game, it's probably something his wife can beat him at. -- Don Epperson

Jets Potatoes

Nancy Brown

- 2 - 10 ounce pkg. frozen hash browns-partially thawed
- 1/3 pound medium cheddar cheese-grated
- 1 pint sour cream
- 4 green onions, diced, stem included
- 1/2 cup milk
- salt and pepper

Combine above ingredients. Reserve part of cheese to spread on top. Bake in moderate oven, 350° - 375° for 45 minutes.

Portuguese Sausage Soup

Penny Hanselman

- 2 Portuguese Sausages
- 4 sliced celery stalks
- 2 diced carrots
- 2 cans tomato soup
- 2 cans kidney beans and juice
- 4 diced potatoes



Cover vegetables with water and soup. Simmer until vegetables are done. Cut up sausages and heat.

Season to taste.

You can find these sausages in the lunchmeat-deli section.



Corn Au Gratin
Debbie Tillman

2 cups corn (drained)
1 1/2 cups grated cheddar cheese
3/4 cup medium white sauce
seasoned bread crumbs

Prepare white sauce first by melting 2 Tbs butter in sauce pan over low heat. Blend in 2 Tbs flour, 1/4 tsp salt and a dash pepper. Add 1 cup milk all at once. Cook quickly, stirring constantly, until mixture thickens and bubbles. Remove from heat and place corn in buttered casserole dish. Add white sauce to corn and mix. Then add 1 cup of the cheese and mix being mindful that the cheese will melt some but not much until baked. Sprinkle remaining cheese on top and bread crumbs on top of cheese. Bake at 350° for 30 min.



Raw Potato Dumplings
Mrs. Paul Terry

5 or 6 large potatoes
1 large loaf of bread (3 or 4 days old)
Salt to taste

Grate potatoes fine or use blender. Break bread into small pieces. Pour potatoes over bread. Mix using hands as you will form into balls about the size of tennis balls or smaller. Makes about 16 or 18 dumplings. Lower dumplings into boiling salted water. Boil 30-45 min. Dumplings usually float to the top. Do not boil too hard, as they break up a bit. Dumplings are good with pork roast and gravy. Left over dumplings are good sliced and fried with eggs stirred in while frying.

Broccoli Bake
Fern Schulz

10 oz pkg frozen broccoli (chopped)
1 can cream of chicken soup
1/4 tsp salt
1/8 tsp pepper
1 Tbs flour
1/2 cup sour cream or IMO
1/4 cup grated onion
2 Tbs butter (margarine)
1/4 cup carrots, grated
3/4 cup stuffing mix or seasoned bread crumbs



Mix all ingredients and sprinkle stuffing on top.
Bake 30-35 min. at 350°. Serves 4 to 6

Easy Lazy Sauerkraut
Olive Erikson



1 head firm cabbage- cut in half and core, slice fine. Pack in sterilized jars (pints or quarts) pack jars nice and tight (not too tight) to the neck Add 1 tsp per quart noniodized salt and 1/2 tsp per pint. Have boiling water kettle and pour in jars. Seal with boiled sterile lids and let them sit for nine days. Tighten again and put away.

Love forgets mistakes; nagging about
them parts the best of friends.

Prov. 17:9

Shrimp Gumbo Judy Tate

6 green onions	1 med. green pepper
2 cups chopped okra*	1 tsp salt
2 tsp shortening	1 tsp fine herb seasoning
1 cup chopped tomatoes*	1/2 tsp paprika
(fresh or canned)	1-1 1/2 lb. cooked peeled shrimp
3/4 cup catsup	
6 cup beef stock	3-4 cups cooked rice

Chop onions (cut tops into strips and set aside).
 Saute onions and okra in shortening. Add onion
 tops, stock, pepper and seasonings. Boil. Simmer
 10 min. Cut shrimp in half. Add to mixture, cover
 and simmer 1 1/2 hours. Spoon over rice in soup
 bowls. 6-8 servings.

* in place of okra, you may use 1 lb can Italiane
 Zucchini squash (do not saute with onions); in place
 of tomatoes, you may use 8 oz can tomato sauce.

Lentil Soup from Leftover Roast

Betty Brown

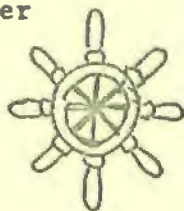
3 cups diced beef
 7 or 8 cups beef stock
 1 cup celery or leak (chopped)
 1 onion (diced)
 1 cup potatoes (diced)
 1 cup carrots (diced)
 4 slices of bacon (diced)



Brown bacon, add leaks, celery, onion, potatoes and
 carrots. Stir over medium heat till vegetables are
 limp. Add 1/4 cup flour and stir in. Add beef stock
 plus 1 cup dry lentals, 1/2 tsp nutmeg. Salt and
 pepper to taste. Cook over low heat 1 1/2 hours.

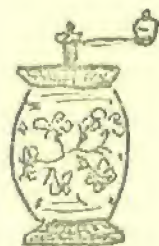
Captain's Soup
Betty Lou Hatcher

1/2 med. onion, chopped
1 pound ground beef
1 can V-8 juice (24 oz)
1 can cream of mushroom soup, undiluted
1 can cream of celery soup, undiluted
1 pkg frozen mixed vegetables



Cook the **chopped** onion in a little oil in a large pan until yellow and soft; add ground beef and cook, stirring until chunks are gone and all the pink has left the meat. Add the next three cans, stirring and cooking until about boiling, then pop the square of frozen vegetables in and continue simmering for about 10 min. Search out the green bean and sample it - when the beans are done, the dish is ready. This is a thick soup and with crackers or french bread and an apple salad, it makes a wonderful meal. Aside from its fine flavor and wholesomeness, it takes only 10 min. from start to finish and dirties only one pan. Serves 4-5 well.

Mound City Oyster Stew
Judy Tate



2 Tbs flour	2 Tbs water
1/2 tsp salt	1 pt. oysters, with liquid
1/8 tsp pepper	1 qt. milk

Blend flour, salt, pepper and water to make a smooth paste. Stir into oysters. Simmer over low heat until edges curl, about 10 min. Pour milk into mixture. Remove from heat. Cover and let stand 15 min., to mellow the flavor. Reheat and serve. Makes 4 servings.

June Meyer's Hamburger Soup

Penny Hanselman

2 pounds hamburger, brown
2 cups chopped onion, saute'
Put in soup pot with:

8 cups water
2 cups chopped carrots
2 cups cubed potatoes
2 cups sliced celery
4 tsp salt
2 tsp kitchen bouquet
1/2 tsp pepper
1 bay leaf
pinch Basil
2 quarts tomatoes
1 can tomato sauce



Worcestshire and tobasco to taste.

Simmer til vegetables are done. Good for
winter outings. Kids love it.

Chili (For a Crowd)

Betty Brown

3 cloves garlic	3 whole cloves
2 Tbs oil	1 bay leaf
4 pounds ground round	Salt and pepper to taste
6 large onions (sliced)	
4 large green peppers (chopped)	
3 cans tomatoes (1 pound each)	
2 cans (6 ounces each) tomatoe paste	
1/4 cup chili powder	
1 tsp white vinegar	
3 dashes cayenne pepper	

Cook garlic in oil til golden. Brown meat and
separate with fork. Pour off some oil in another
large pan and brown onions and green pepper. All
ingredients added in large kettle and simmer at
least 2 hours. Makes 6 quarts.

Quick Hamburger (Imitation Soup)

Peggy Steiner

Brown 1 pound of lean hamburger. Drain if necessary. Add enough water to make enough soup for your family. Add 2 sliced carrots, 2 stalkes of celery, sliced, 1 chopped potato, tomato, green beans (anything you like) onions, beef boullion to taste, salt and pepper. Simmer till done. Serve with french bread and salad.

Hot Dog Vegetable Chowder

1 pound hotdogs
2 large potatoes, peeled and cut in large cubes
6 small white onions, peeled or 1 can(8 ounces)
white onions, drained
2 carrots, peeled and cut in 1/4" slices
1 cup diced celery
2 tsp flour
1 tall can evaporated milk
2 tsp margarine
Salt,pepper and paprika to taste
1/4 cup parsley, chopped

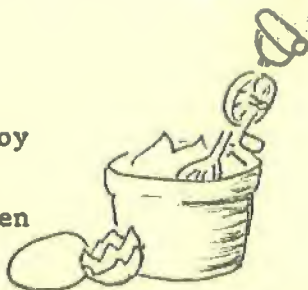
Cook hot dogs in 1 1/2 quart water. Cover and simmer 5 minutes. Remove hot dogs and cut in to 3/4" pieces. Add next four ingredients to water, cover and simmer 20 - 30 minutes. Blend flour with some milk and stir into mixture. Add remaining milk, margarine and seasonings. Cook, stirring gently until thickened. Add hot dogs and parsley. Makes about 2 1/2 quarts or 6 servings.

Note: If canned onions are used, add just before serving

Tiffany Chips

Pat LaVoy

6 large potatoes
3 egg whites, slightly beaten
Parmesan cheese



Preheat oven 425° F. Cut each potato lengthwise into 8 wedges. Toss potato wedges in egg whites to coat all surfaces. Sprinkle generously with cheese and arrange on baking sheet. Bake 20 minutes or until tender.

Note: These can be held for an hour in an oven set at 150°.

Evie's Mustard Sauce

Pat LaVoy

Mix in double boiler:

1 - 4 ounce can dry mustard
1 cup vinegar

Beat: 2 eggs
1 cup sugar
1 tsp salt



Add to mustard and cook in double boiler until thick, let cool. Beat in 1 1/2 cups mayonnaise.

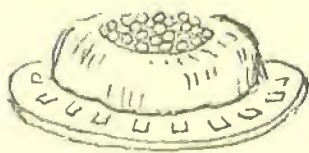
Keep in refrigerator.

*Housework is something you
do that nobody else notices un-
less you don't do it!!*

Festive Carrot Ring

Judy Tate

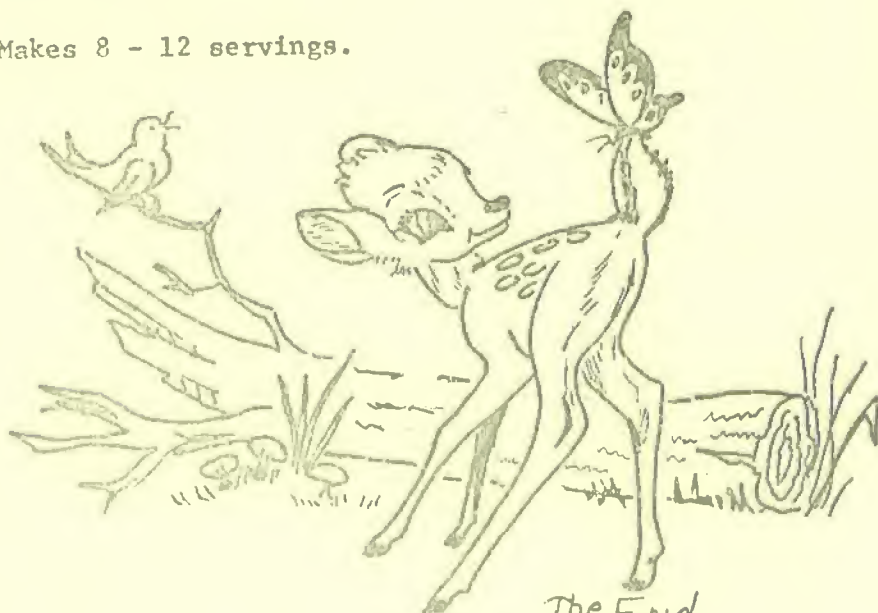
2 cups mashed cooked carrots
1 cup cracker crumbs
1 cup milk
3/4 cup grated sharp cheddar cheese
1 cup soft butter
1/4 cup grated onion
1 tsp salt
1/4 tsp pepper
1/8 tsp cayenne
3 eggs



Garnish: 2 - 10 ounce packages frozen peas, cooked and parsley.

Combine all but eggs. Blend. Beat eggs till slightly puffy. Add to carrot mixture. Pour into well-greased 1 1/2 quart ring mold. Bake at 350° for 40-45 minutes. Turn out onto warm platter. Fill center with peas or garnish outside with parsley.

Makes 8 - 12 servings.



The End

HASHBROWN POTATO CASSEROLE

Gail Murray

2 lbs. frozen hashbrown potatoes-thawed	1 can cream of chicken soup
1 tsp. salt	1 pint sour cream
1/4 tsp. pepper	2 cups grated cheese-1oz.
1/2 cup dried onion flakes of chopped onions	

Combine all ingredients. Put in a 9x13 pan. Place topping over top and bake at 350° for 45 minutes. Can be frozen. Thaw before baking.

Topping:

1 1/2 cup crushed corn flakes
1/4 cup melted butter

Mix and pour onto top of casserole.

KITCHEN PRAYER

In my warm and friendly kitchen
At the close of a busy day
I'm hoping that in all I did
I found the "better" way...
Did I work with love and patience
And add a heartfelt wish
For the comfort of my family
To each and every dish?
Did I season with affection...
Did I stir with extra care
And offer those I love so well
The first and choicest share?



Well, I hope I did a few things well
And that the coming days
Will keep bringing me new chances
To give joy in little ways!

Zucchini Dish
Donna Gruetter

6 cups thinly sliced zucchini
1 tablespoon butter
1 teaspoon salt
1/8 teaspoon pepper
8 ounce can tomato sauce or 1 cup diced tomato
1 cup shredded cheddar cheese

Combine ingredients. Saute in skillet for 15 to 20 minutes or pour into 1 1/2 quart casserole dish and bake 375 degrees for 30 minutes. Serves 6.

Flossie's Special
Flossie Canfield

6 medium potatoes (diced or grated) boil till done

Mix potatoes with:

2 cup sour cream
1 can cream soup
1/3 cup onions
2 cup cheese

Pour into 9X13 pan. Cover with approximately 2 cup crushed cornflakes mixed with 2 tablespoon melted butter. Bake at 350 degree for 45 minutes.



+

Pop onions in the freezer for a few minutes before peeling and cutting to reduce the crying factor.

+

Peeling garlic cloves is a snap if you slap them sharply with the wide flat part of the knife first - or use a big cleaver.

Toni's Clam Chowder

Toni Marie Williams

1 quart water
10-12 potatoes cleaned and diced
1 (6 1/8 oz) can clams - undrained
1 (8 oz) can evaporated milk
1 can corn (undrained) or 2 cup frozen corn
1 carrot shredded
1 stalk celery sliced or diced
1 whole onion
1 bay leaf
1/2 teaspoon pepper
2 teaspoon salt

Shake together in jar till flour dissolves. Use as thickener - 1/2 cup flour and 1 cup milk.

Cook on medium heat. Stir often so as not to scorch milk. Cook until vegetables are done. Serve with oyster crackers or saltines. Serves 6 to 8 people.

Potato Wedges

Penny Provost

Cut unpared potatoes in wedges, about eighths, depending on size of potatoes.

1/2 cup cooking oil

Dip potatoes in oil and brush or sprinkle with the following (I use a shaker bottle)

2 tablespoon parmesan

1 teaspoon garlic powder

1 teaspoon salt

1 teaspoon paprika

1/4 teaspoon pepper

Bake on cookie sheet or shallow pan at 375 degrees for 45 minutes.

Buffalo Bean Soup
Buckwheat Kristin Ford

3 cup (1 1/2#) Dried Navy Beans
1 16 oz can chopped tomatoes
1 large onion, chopped
1 meaty ham hock (or 1 cup diced cooked ham)
2 cup chicken broth
2 1/2 cup water
Salt and pepper to taste
Fresh copped parsley

Rinse and sort beans - cover with cold water and soak overnight. Drain, place in a soup kettle. Add everything else and bring to a boil. Reduce heat - cover and simmer until tender (1 1/2 hours). Add more water if necessary. Remove ham hock - cut meat from bone and add to soup. Heat through. Makes about 10 servings.

Holiday Potatoes
Martha Lerch

4 lb unpared potatoes (6 medium)
1 cup chopped onion
1/4 cup butter
1 10 1/2 oz can cream of celery soup
1 pint dairy sour cream
1 1/2 cup shredded cheddar cheese
1/2 cup shredded cheddar cheese
1/2 cup crushed cornflakes
3 tablespoon melted butter
pimento and parsley (opt)

Boil spuds, cool and shred. Saute onion in butter until tender. Remove from heat and add soup and sour cream. Pour over spuds and cheese. Mix well. Turn into greased 9X13 pan. Cover and refrigerate overnight. Sprinkle with corn flakes, drizzle with butter. Bake 350 degrees for 1 hour. Garnish with pimento and parsley.

Sauvies Island

A unique community surrounded by water with only one access road to the mainland.

After the era of unlimited hunting & bootlegging, dairying became the major occupation of Islanders until the 1950's. In the '30's & '40's there were over 45 dairies. Now only 2 remain.

At various times there were 5 schools. In 1932 they were consolidated into one. (Reeder, Gillihan, Willowbar Moar, + Oak Island.)

From 1910 to 1950 the only access to the Island other than boat was by ferry. In 1949-50 a bridge was built and ferry service discontinued.

early on a cold Wed. morning, Jan. 30, 1960 our Island school burned to the ground.

Boating Duck & Goose Hunting
Bird watching
Potatoes
Sheep
Dairy
Hay
Garden Produce
Trees
Grain
Peaches
Berries
Beef Cattle

22' 1925 About built a dike around approx. 1600 ft. on the NE part of the Island. The '948 highwater went over the top flooding all the land. It broke again in the Christmas flood of 1964. A 32' dike was built around 12,000 acres of the South end of the Island in 1938-41.

The roads on the Island had all been graded and gravelled by 1941. Most were blacktopped by 1960.

Phone service did not come to the Island until 1948. The church was completed in 1958. For several years prior to that services were held at the school. The Island had 2 Granges as early as 1894. The present Grange was started in 1936. The Legion Post was chartered about 1945. Both organizations used the school house as their meeting place as it was built to be used as a community center.

